

## Ladder Safety

Ladders are widely used in many workplaces to access elevated work areas. But despite how common they are, ladders are linked to many injuries from falls each year.

### Main Causes of Falls from Ladders

Most falls from ladders happen for one or more of the following reasons:

- The work being done on the ladder was beyond the ladder's design or capacity.
- The ladder was not set up correctly.
- The worker did not use proper technique when going up or down the ladder.
- The ladder used was not appropriate for the task.

### Ladder Design and Build Requirements

In general, commercially manufactured portable ladders used in the workplace must be built to either CSA or ANSI standards. These ladders must be marked with:

- The grade of material used to build the ladder
- The type of use for which the ladder was built

Job-built ladders must be designed, built, and used according to WCB Standard LDR 1.

### Education and Training are Essential

Employers must ensure that workers are provided with education and training on ladder safety. This includes the following:

- Assessing whether a ladder is the right tool for the job
- Selecting an appropriate ladder (including ladder grade and type)
- Pre-use inspections



- What to do with damaged ladders
- Safe ladder set-up and use
- Storage and care practices

### Using Ladders Safely

Identify and address all hazards in your work area before using a ladder. Some examples of safe ladder use include the following:

- Avoid setting up a ladder on uneven, soft, or wet ground.
- Avoid using a ladder in strong wind, heavy rain, or snow.
- Face the ladder and maintain three-point contact (two hands and one foot, or two feet and one hand) with the ladder when you are on it.
- Avoid overhead electrical hazards.
- For extension ladders, ensure that both locks are engaged, and do not overload the ladder.
- Spread stepladders securely open. Never use a folding stepladder in a folded position.

**Reference: OHS Regulation Sections [13.4–13.6](#)**

Project: ..... Address: .....

Employer: ..... Supervisor: .....

Date: ..... Time: ..... Shift: .....

Number in crew: ..... Number attending: .....

**Other safety concerns or suggestions:** .....

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**Record of those attending:**

| Name: (please print) |  | Signature: | Company: |
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| 15.                  |  |            |          |

Manager's remarks: .....

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Manager: ..... Supervisor: .....

(Signature)

(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation at [worksafebc.com](http://worksafebc.com).