

## 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.

**OHS Regulation reference: sections 13.4–13.6**

Project: .....

Address: .....

Employer: .....

Supervisor: .....

Date: .....

Time: .....

Shift: .....

Number in crew: .....

Number attending: .....

Other safety concerns or suggestions: .....

.....  
.....

**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: .....

.....

Manager: .....  
(Signature)

Supervisor: .....  
(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 on [worksafebc.com](http://worksafebc.com).