How’s This for Ladder Safety?



What’s wrong with this picture?



While it might be great for the circus, ladder-balancing-on-ladder hijinks is

something you never, ever want to see at your job-site.

The Moral: Make sure your workers don’t tie, fasten, tape or, like the workers in this picture, balance ladders together to extend their reach. If a ladder isn’t long enough, they should get a ladder that is.

Ladder Safety: 3 Reasons to Pay Attention

1. Falls are the second leading cause of workplace deaths
2. The largest percentage of workplace fall deaths were falls from ladders (according to 2009 statistics)
3. Your odds of a fatal or serious ladder accident are especially high if you work in construction

5 Common Causes of Ladder Accidents

1. A metal ladder comes into contact with a power line



2. The ladder isn’t securely anchored



3. The spreaders aren’t fully opened and locked



4. The ladder is knocked aside by an open doorway, piece of equipment or passerby



5. Look Ma! One hand! Circus tricks should stay at the circus. Use both hands when ascending or descending ladders.



8 Ladder Safety Dos and Don’ts

- **DO** maintain 3 points of contact with the ladder at all times
- **DON’T** work from thetop two rungs, steps or cleats or bucket/pail shelf of a portable ladder unless the manufacturer’s says it’s safe to do so
- **DON’T** splice, lash or tape ladders together to make them longer
- **DO** face the ladder and stand in the centre of the side rails.
- **DO** make sure the ladder is stable and securely anchored before you use it
- **DON’T** use ladders that have damages or defects
- **DO** make sure the ladder can support the weight of yourself and any tools and equipment you’re using
- **DON’T** place ladders in front of or against a door unless the door is blocked in the open position, locked or otherwise guarded