

Ladder Safety – Landscaping Infographic

Ladder safety

Set-up and placement

- Make sure that the surface and ladder feet are clean. Dust, sand or dirt can cause ladder feet to slide
- Set the ladder on a firm, level surface
- Secure the base and top so they do not move
- Clear the area around the base and remove unstable material and debris
- Do not use aluminum ladders near live electrical equipment or wires
- Barricade the immediate area with high visibility or barrier tape if the ladder will be used for a period of time

Employers

- need to ensure that Ladders are **CSA-approved**
- Damaged ladders are **removed from service, repaired or disposed of**
- Ladders are **suitable for the job**
- Workers are **trained on what ladder to use when, and how to use them safely**

Working from a ladder

- Keep boots clean of mud, grease, or any loose or slippery material
- Keep your centre of gravity between the side rails
- Use a hoist rope or tool belt to carry tools or materials when climbing
- Stand no higher than the third or fourth rung from the top
- Maintain knee contact for balance, along with a minimum 3-point contact
- Climb down and reposition the ladder

DO NOT

- walk, bounce, hop or jump a ladder

If a ladder must be used to do the job, training in safe use is essential

CCOHS.ca
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>