

AGRICULTURAL SAFETY TOPICS

PROPER USE OF LADDERS

Objective:

To be able to demonstrate the safe use ladders that are used primarily for construction and/or maintenance jobs.

Background:

Basic steps that should be taken before climbing a ladder

- Consider the type of work to be done before choosing a ladder.
- Be certain the ladder is able to carry the amount of weight that will be applied.
- Make sure the ladder is placed on a firm level surface.
- Check the condition of the ladder before use.

Inspection Checklist for Potential Hazards		
Metal Ladders	Wood Ladders	Fiberglass Ladders
sharp edges dents bent steps, rungs or rails no slip-resistant rubber or plastic feet	splits cracks chips loose rungs or steps	loose components missing components cracks chips

Step Ladders

Be certain the spreader is locked before climbing on the ladder. Never stand on the top or top step of a stepladder.

Extension and Straight Ladders

Raise the extension ladder to the desired height and lock both sides. Never stand on the top three rungs of a straight or extension ladder. Don't lean a ladder against a movable object. Always face the ladder and hold onto the side rails with both hands, when going up or down the ladder.

AGRICULTURAL SAFETY TOPICS – PROPER USE OF LADDERS

Proper Ladder Placement

The ladder should be placed so that its base is one metre away from what the ladder leans against for every four metres in height to the point where the ladder rests. This is referred to as the four-to-one rule. For example, if a four metre ladder leans against a wall, its base should be placed one metre from the wall.

General Recommendations

- Never use a ladder in a strong wind.
- Never use a ladder in front of a door unless it is locked, blocked or guarded.
- Inspect ladders for potential dangers before using.
- Keep your body centered between the rails of the ladder.
- Never carry tools or materials in your hand when going up or down a ladder.
- Only one person should be on a ladder at a time.
- If one must work near power lines, always use a wooden or fiberglass ladder. NEVER work with a metal ladder around power lines.
- Maintain three points of control.
- Limit manual material handling on ladders that may result in less than three points of control.

Review The Following Points:

- Choose the right ladder for the intended job.
- Know the potential hazards when using a ladder.
- Know the proper placement of ladders.

Based upon: Ohio State University Extension. *Ladders*. Retrieved from website <http://ohioline.osu.edu/atts/modules.html>

AGRICULTURAL SAFETY TOPICS – PROPER USE OF LADDERS

© Workplace Safety & Prevention Services 2020. Workplace Safety & Prevention Services (WSPS) grants permission to approved end users to reproduce this document in whole or in part, provided its intended use is for non-commercial, educational purposes and that full acknowledgement is given to the WSPS. Approved end users are firms registered with the Workplace Safety and Insurance Board. WSPS reserves the right to extend this permission to other stakeholders and interested parties by express written permission upon application. WSPS extends no warranty to materials amended or altered by the end user. Under no circumstances is this document, or any portion thereof, to be duplicated for purposes of sale or for external reproduction or distribution.

(Sample WSPS acknowledgement, “Reproduced or adapted from name of solution with permission of Workplace Safety & Prevention Services, Mississauga, Ontario.”)

The information contained in this reference material is distributed as a guide only. It is generally current to the best of our knowledge as at the revision date, having been compiled from sources believed to be reliable and to represent the best current opinion on the subject. No warranty, guarantee, or representation is made by WSPS as to the absolute correctness or sufficiency of any representation contained in this reference material. WSPS assumes no responsibility in connection therewith; nor can it be assumed that all acceptable safety measures are contained in this reference material, or that other or additional measures may not be required in particular or exceptional conditions or circumstances.

Revised: January 2020