



STEPLADDER SAFETY TIPS



Be Prepared

- ✓ Choose a ladder about one metre less than the height you wish to reach
- ✓ Fiberglass ladders are required for any electrical work
- ✓ Inspect ladder for damage before each use (rungs, rails and feet)
- ✓ Ensure minimum of a CSA-approved Grade 1 ladder
- ✓ Clean the climbing and gripping surfaces if they are soiled
- ✓ Fall protection and training may be required when working when feet are more than three metres from the walking surface
- ✓ Plan to ensure that:
 - Pedestrian traffic is rerouted
 - Doors close by are blocked open or locked (not emergency exits)

Work Safe

- ✓ Use only in the fully opened position with the spreader bars locked
- ✓ Ensure level ground support for all four of the side rails
- ✓ Use the ladder leg levelers if available
- ✓ Never place ladder upon unstable bases (boxes, tables, scaffolds)
- ✓ Always face the ladder when ascending and descending
- ✓ Maintain three points of contact
- ✓ No work is to be done higher than the step indicated on the label marking
- ✓ Keep belt buckle between the rails while maintaining a firm grip
- ✓ Carry tools in a tool belt
- ✓ Take your time when descending

Finish Right

- ✓ Clean the climbing and gripping surfaces if they are soiled
- ✓ Tag and remove from service all defective ladders and report to supervisor
- ✓ Store protected from the weather, out of the sun and at temperatures below those recommended by the manufacturer
- ✓ Secure ladder for safe storage



Speak up!

If you see a hazard, let a supervisor know.
Everyone plays a role in your safety and health.

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1 877 494 WSPS (9777)     

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