

## LADDERS – STEP LADDERS

### 1. Task

Safe set-up and use of step ladders on construction sites.

### 2. Hazards

Fall hazard, struck by/pinched by hazards, strain/sprain injury.

### 3. Controls

Pre-Job Safety Assessment (PSA). Worker training, CSA/ANSI approved equipment, Regulatory requirements, manufacturer's guidelines and specifications, tool box talks.

- ❖ Use only CSA/ANSI Grade 1 approved step ladder, within the load and use limitations marked on the label.
- ❖ Inspect the ladder before use for defects and damage. Remove any defective or damaged ladders from service and replace.
- ❖ Do not set the step ladder up on any unstable surface, (i.e. boxes, carts, mobile equipment) to extend reach. Use the correct height ladder for the job.
- ❖ Clear debris and slippery materials away from and off surfaces around the base of the ladder. Set up only on firm, dry, level surfaces.
- ❖ Get help setting up large, heavy, step ladders.
- ❖ Make sure the spreader arms are locked securely in the open position.
- ❖ Stand no higher than the third step down from the top and maintain the top of the stepladder at no lower than waist height. Do not stand on the top step, the top, or the pail shelf of a step ladder.
- ❖ Never straddle the space between a step ladder and another object or surface.
- ❖ Avoid leaning forward, backward, or to either side.
- ❖ Always open the ladder fully before using it – do not lean an unopened step ladder against a wall and use it as a straight or extension ladder.
- ❖ When climbing up and down a step ladder always maintains a 3 – point contact and face the ladder.
- ❖ When working off a step ladder above a height of 2.4 metres wear a full body harness and shock absorbing lanyard attached by means of an anchorage connector to an adequate, independent, lifeline or anchorage point.
- ❖ Remain facing the ladder when working from a step ladder.
- ❖ Step ladders are appropriate for performing short duration, light duty tasks. For longer, heavier work, use a scaffold or elevating work platform.