

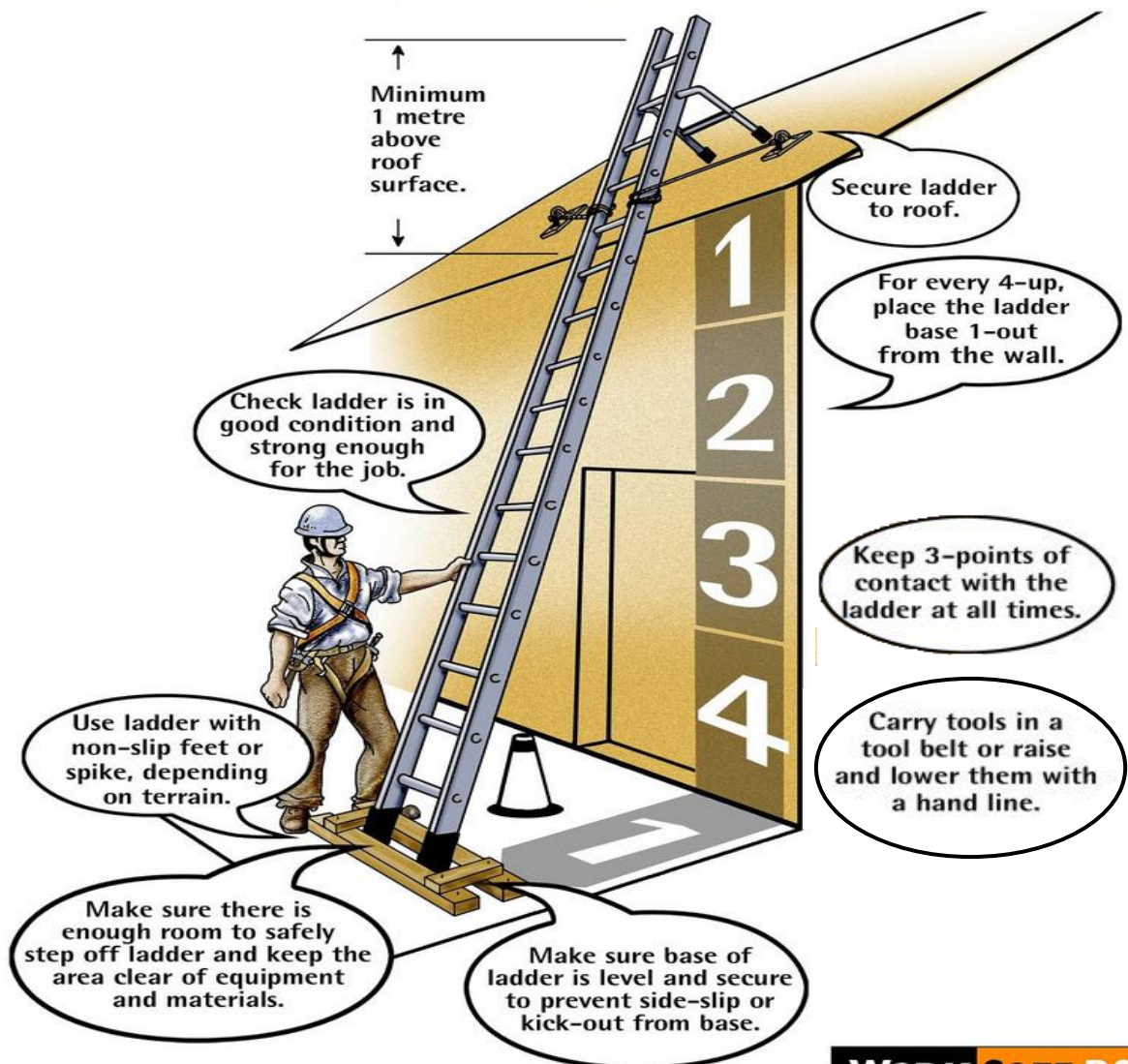
The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years, so please ensure you submit the completed test to your employer for record retention.

LADDER SAFETY



There are different regulatory requirements for ladders in different sectors. These requirements may place restrictions on the type of work which may be performed for working from a ladder. For example, according to the Ministry of Labour a ladder is not a work platform, it is a means of access.

However, if you must work from a ladder then consider the following:



WORK SAFE BC
WORKING TO MAKE A DIFFERENCE

(Image adapted from WorkSafe BC's Ladder Safety Series: <http://www2.worksafebc.com/Topics/EquipmentSafety/LadderSafety.asp>)

Step Ladders:

When using a step ladder, make sure that the legs are fully extended and the spreaders are locked.

No worker is permitted on the top of or the pail shelf of a step-ladder. O. Reg. 213/91, s. 83

Belt Buckle Rule: The highest rung you are permitted to stand on is third rung from the top plate. The rule of thumb is that your belt buckle cannot pass the top plate.



Inspecting your ladder:

You should always take the time to inspect a ladder before using it!

When you are inspecting your ladder you must check for the following:

- Side rails not twisted, cracked, dented or damaged
- Rungs straight and free of cracks, significant wearing and distortion
- Feet on side rails intact and operating
- Wooden ladders free from paint or coating that could conceal defects (cracks)
- No substandard repairs or makeshift replacement parts
- Damaged or defective ladders tagged and immediately removed from service
- Repairs done only by manufacturer or competent worker



GUIDELINES FOR LADDER USE...

The **Safety Partnership** has defined *3-Point Contact* as always having “two feet and one hand” or “two feet and the weight of the body (front of torso)” in contact with the ladder

- Don't carry equipment or material up or down a ladder
- Always maintain **3-Point Contact** while working from a ladder
- The body must always stay within the frame of the ladder
- The stability and balance of both the worker and the ladder must not be compromised
- Workers must avoid over-reaching by not gripping rungs above their head
- Ladders must only be used for light activities where no heavy force is needed for work
- If you must work on a ladder and your feet will be more than 1.8 metres (6 feet) above the ground you must wear and use an appropriate fall protection device.