

TEST ANSWERS: LADDER SAFETY

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 this completed test to your employer for record retention.

1. When working off an extension ladder, which of the following rules need to be adhered to?

- a) For every 4 feet up place the ladder 1 foot out
- b) Extend the ladder 3 feet above the work platform
- c) Maintain 3 point contact

d) All the above

RATIONALE: Always maintain 3 points of contact while climbing up and down the ladder and also while working off it. If you are working off a ladder with both hands, then your 3rd point of contact would be a tie off point to an adequate anchor point.

2. For every 4 feet up, a ladder base should be placed _____ out from the wall.

- a) 1 foot**
- b) 2 feet
- c) 3 feet
- d) 4 feet

RATIONALE: Placing the ladder 1 foot out for every 4 feet up will make the appropriate angle so that your ladder doesn't slide out from underneath you or fall backwards while you climb. For better access and egress to the work platform, allow 3 feet to extend above to the work platform. The extra length acts as a railing to hold onto while climbing on and off the ladder.

3. Ladders need to be inspected:

- a) Only when installed
- b) Before each use**
- c) Every six months
- d) Never

RATIONALE: Ladders must be inspected before each use. You should be looking for missing or loose parts, damage, corrosion/decay, sharp edges, and twisted or distorted rails.

4. Under Construction Regulation 213/91 ladders are not a work platform, they are a means of access.

- a) True**
- b) False

RATIONALE: According to the Ministry of Labour (Reg.231/91 s.78) a ladder is not a work platform, it is a means of access. Instead of working from a ladder, you should choose an alternative work platform such as a Power Elevated Work Platform or a scaffold.

5. Different sectors have different regulatory requirements for the safe use of ladders.

a) True

b) False

RATIONALE: Regulations for Mines and Mining Plants (O. Reg. 854), Industrial Establishments (O. Reg. 851), and Construction Projects (O. Reg. 213/91) are just some examples of regulations that address the use of ladders. Consider work being done carefully; if it is considered to be construction work it must be performed in accordance to the construction regulations, even if the work being performed is in a non-construction setting.