

# Ladders

## Why?

Falls from ladders are a leading cause of workplace injuries. Properly using a ladder could make the difference.

## What?

- ✓ Ladders shall be used to access a point.
- ✓ Working from a ladder could be allowed for infrequent, short duration, low risk and light duty works. Perform a risk assessment before starting the task.
- ✓ Perform an inspection prior to use a ladder.
- ✓ Place the ladder on a stable, level surface before climbing. Secure all locking mechanisms.
- ✓ Always maintain three points of contact (two hands and one foot or two feet and one hand), use a tool belt or hoist materials up instead of carrying them while climbing.
- ✓ Keep your body centered between the ladder rails. Do not overreach. Face the ladder.



## Questions

### Open-ended questions

- Why is it important to assess risks before using a ladder?
- What are some signs that a ladder is unsafe to use?
- Why should we avoid carrying tools in our hands while climbing a ladder?



### Experience-based questions

- Have you ever used a ladder that didn't feel stable? What did you do?
- Can you recall a time when you stopped a task due to ladder safety concerns?
- Have you ever forgotten to secure a locking mechanism? What happened?



### What would you do?-questions

- What would you do if you noticed a ladder was wobbly even though it looked undamaged?
- You see someone reaching far to the side while on a ladder — what do you say or do?
- You're assigned a quick task that requires a ladder but no risk assessment has been done — what's your next step?



### Spot the improvement-questions

- How could we make ladder inspections a more regular habit?
- What can we do to improve how we store and maintain our ladders?
- What reminders or training could help reduce unsafe ladder practices?

