



SAFETYCHECK

For the Service Industry

Using Ladders

Preparation

- ✓ Use the appropriate ladder for the job
- ✓ Inspect the ladder before and after each use
- ✓ Tag a defective ladder for repair or replacement
- ✓ Place the ladder on a firm surface – make sure it has slip-resistant feet, use secure blocking or have someone hold the ladder
- ✓ Place the feet of an extension ladder 1' out for every 4' up
- ✓ Tie the top of an extension ladder to an anchor point
- ✓ Set up a barricade and warning signs when using a ladder in a doorway or aisle
- ✓ Keep the ladder away from electrical and power lines
- ✓ When carrying a ladder, hold it near the centre and keep it close to your body
- ✓ Open the spreaders and shelf of a stepladder fully and lock them in place
- ✓ Place a stepladder at right angles to the work



Climbing

- ✓ Clean muddy or slippery footwear before climbing a ladder
- ✓ Face the ladder when standing on it and when climbing up or down
- ✓ Keep the centre of your body between the side rails of the ladder

Storage and Maintenance

- ✓ Store ladders where they are not exposed to weather
- ✓ Store ladders horizontally on racks, with support every 2m

What Can Happen

- Concussions, bruises, broken bones due to slips and falls from heights

And Remember

- ✓ **Do not** use a counter top, chair, milk crate, barrel or box instead of a ladder
- ✓ **Do not** use a ladder with loose, broken or missing rungs, screws or bolts
- ✓ **Do not** use a ladder in a horizontal position as a scaffold, plank or runway
- ✓ **Do not** carry objects while on a ladder – hoist materials or attach tools to a belt
- ✓ **Do not** stand on or work from the top 3 rungs of a ladder
- ✓ **Do not** paint a wooden ladder

For more information refer to Ontario Regulation 851/90 (Industrial Establishments)