

Ladder Safety

Ladder usage

A ladder is a tool like any other. If it is used properly and according to safety guidelines, it will give many years of trouble-free service. However, if proper cautions are not taken ladders can commonly be involved in accidents. Please read, recognize and follow all instructions and methods in this Absolute Painting ladder safety publication. Regular checks to ensure that Absolute Painting personnel have a full knowledge of working with ladders will be observed with questionnaires and on-site visits.



High Step ladder (11 step)

Extension ladder

Straight ladder

Small step ladder (3 step)

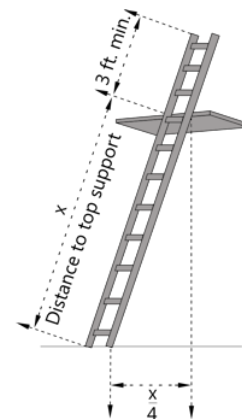
Particular attention should be made to ladder selection.

Is the ladder long enough?

It should be long enough to set it at a stable angle and still extend over the top edge to give you something to hold on to when you get on the ladder to descend. Setting the ladder at the right angle helps you keep your balance on the ladder. It also helps keep the ladder from falling backwards.

Make sure the ladder extends 3 feet (3 rungs; 0.9 meters) above the surface you will be working on.

Make sure the ladder is placed at a stable angle. For every four feet (1.2m) high the ladder is the ladder should be 1 foot (.3m) out from the wall.



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Is the ladder in good working condition?

It shouldn't be missing pieces or be cracked or otherwise damaged. Check the duty rating on extension ladders – is it high enough for the weight you will be putting on it? Longer ladders don't always have higher duty ratings, so be sure to check. In construction, the most common ratings are:

Is the ladder the correct rating?

Pay close attention to the Duty Rating of the ladder and the combined weight of the user and materials. Select a ladder with the proper capacity. Also, be sure to select a ladder of proper height to reach the work area without overextending.

■ **DANGER! Metal Conducts Electricity!** Aluminum ladders especially. Importantly, do not let ladders made of any material come in contact with live electrical wires. Failure to read and follow instructions regarding electrical safety could result in serious personal injury or death.

General Precautions Before Each Use of a Ladder

1. Read the instructions printed on the ladder and follow them. Ladders are designed for one person. Exceptions are Double Front Step Ladders, which may be used by two people, one on each side. Duty Ratings still apply for each side and should be carefully observed.
2. Never leave a ladder set up and unattended. Special care should be taken to keep children away from all ladders.
3. If you anticipate the use of chemicals or other possibly corrosive materials, the ladder manufacturer should be consulted before use.
4. If you are in poor health, subject to fainting spells, have a physical handicap that would impair your climbing ability, or if you are under the influence of any drug or alcohol (including legal drugs that may cause drowsiness), you should not use a ladder.
5. Do not use in high winds or during a storm.
6. **Always** check for **power and telephone wires** before erecting your ladder.



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Ladder Inspection Before Each Use

Inspect the ladder before each use. Never climb a damaged, bent or broken ladder: all working parts must be in good working order.

Portable ladders with structural defects—such as broken or missing rungs, cleats or steps, broken or split rails, corroded components or other faulty or defective components—must immediately be marked defective or tagged with "Do Not Use" or similar language and withdrawn from service until repaired.

Fixed ladders with structural defects—such as broken or missing rungs, cleats or steps, broken or split rails or corroded components— must be withdrawn from service until repaired. Ladder repairs must restore the ladder to a condition meeting its original design criteria before the ladder is returned to use.



Defective fixed ladders are considered withdrawn from use when they are immediately tagged with "Do Not Use" or similar language, or marked in a manner that identifies them as defective, or blocked—such as with a plywood attachment that spans several rungs.

Make sure all rivets and joints, nuts and bolts are tight; feet, steps and rungs are secure; spreaders and pail shelf function properly (on step ladders); and rung locks, rope and pulley are in good condition (on extension ladders).

Keep ladder clean, free from grease, oil, mud, snow, wet paint and other slippery material. Keep your shoes clean. Leather soled footwear should not be used.

Never make temporary repairs of damaged or missing parts.

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The following rules apply to all ladders during use.



- Maintain ladders are free of oil, grease and other slipping hazards.
- Never climb from one ladder to another.
- Do not load ladders beyond their maximum intended load nor beyond their manufacturer's rated capacity.
- Use ladders only for their designed purpose.
- Use ladders only on stable and level surfaces unless secured to prevent accidental movement.
- Do not use ladders on slippery surfaces unless secured or provided with slip-resistant feet to prevent accidental movement. Do not use slip resistant feet as a substitute for exercising care when placing, lashing or holding a ladder upon slippery surfaces.
- Secure ladders placed in areas such as passageways, doorways or driveways, or where they can be displaced by workplace activities or traffic to prevent accidental movement. Use a barricade and signs to keep traffic or activity away from the ladder.
- Keep areas clear around the top and bottom of ladders.
- Face the ladder when moving up or down.
- Use at least one hand to grasp the ladder when climbing. Maintain a firm grip.
- Do not carry objects or loads that could cause loss of balance and falling.
- Keep ladder close to your work; avoid pushing or pulling off to the side of ladders.
- Ladders are meant for one person. Do not use as a brace, platform or plank.
- Do not stand, climb or sit on ladder top, pail shelf, braces, or back section.
- Do not move, shift or extend ladders while in use.
- Do not "walk" or "jog" ladder when standing on it.
- Some sites do not allow 3 step ladders check with the Foreman.

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- Do not over reach; move ladder when needed.
- Never climb from one ladder to another.
- Use ladders equipped with nonconductive side rails if the worker or the ladder could contact exposed energized electrical equipment.

Remember, you are the one responsible to check all ladders before use

Three-Point-Contact

The three-point-control method requires a worker to use three limbs for reliable, stable support. The three-point-contact method requires a worker to depend solely on three points of contact with the ladder. Using the stomach or palm are examples of unstable points of contact; these points of contact are unreliable and lead to a false sense of stability.

There are seven conditions for using three-point-control while working from ladders. They include:

1. Work only for short periods of time
2. Use light tools and materials designed for single-hand use.
3. Make sure the ladder is stabilized.
4. Keep the ladder at the lowest height possible.
5. Keep sure belly button remains between side rails.
6. Keep both feet at the same level.
7. Maintain a horizontal one-hand grip (power grip).



3 Point Contact

Keeping three-point-control for good support is critical while a worker is climbing, moving or working at an elevation. It is important to note, the three-point-control method is not a substitution for the use of fall protection equipment.

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Proper Care & Storage of Ladders

Store ladders in a safe, dry place.

Hang ladders on racks, at intervals of 6 feet for support.

Properly secure and support ladders while in transit. When a vehicle is transporting a ladder that overhangs beyond the front or rear of the vehicle by one metre or more, it must be flagged on the end (if transporting at night it must have a light visible from at least 50 feet).



Keep ladders clean and free of foreign materials.

Never store materials on ladders. Keep ladders free of oil, grease and other slipping hazards. Do not store ladders outside without adequate cover. Weather conditions will quickly affect the condition of the ladder.

Loads: overhanging the vehicle or trailer

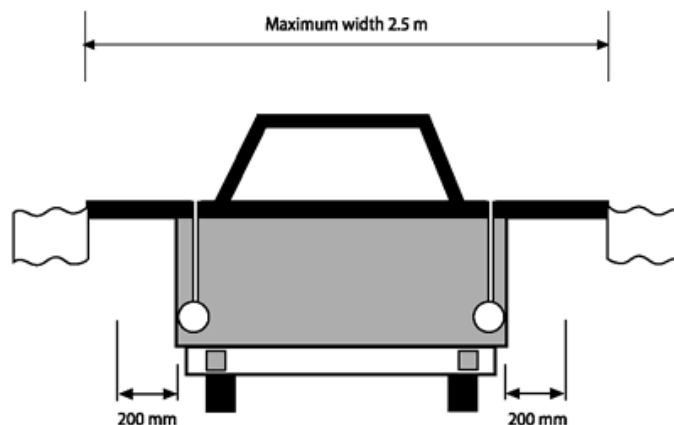
If the load (including equipment used to support or retain the load) extends more than 200mm beyond the sides of the vehicle or trailer, or more than one metre beyond the front or back of the vehicle, then you must attach suitable warning device(s) to it.

1/ During daylight you must attach:

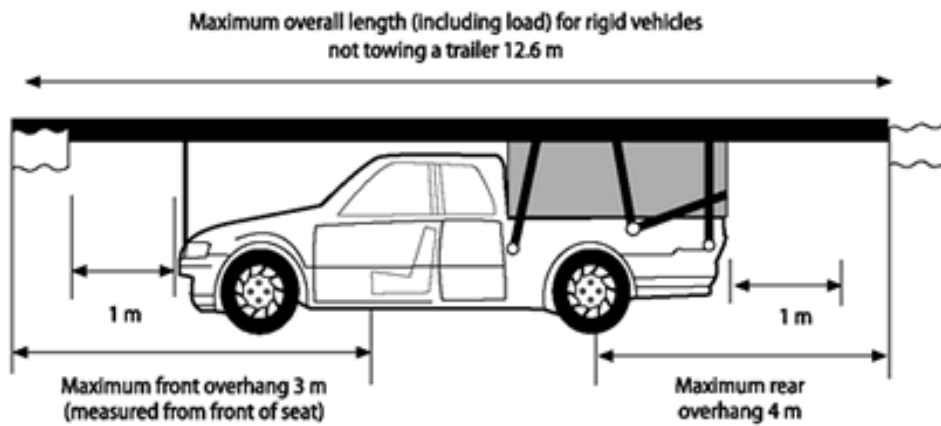
Flags (coloured white or fluorescent red, orange or yellow, at least 400mm long by 300mm wide)

2/ During the hours of darkness you must:

Have lights on the load positioned at the rear and facing towards the rear, coloured red (if the load extends sideways or to the rear)



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Note:

If your load covers up essential lights on your vehicle or trailer, you must fit temporary lights to your load to make sure you comply with legal requirements. A vehicle lighting retailer or garage can advise you on purchasing and fitting temporary lights to your load.

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