

# LADDER SAFETY

## Facts:

You don't have to fall far off a ladder to be seriously injured:  
1—2 metres can be enough.

Ladder safety alert issued

"At least 83 Australians have died during the past five years after falling from their ladder and thousands more have been seriously injured". (ACCC Ladder guidance)



## Legislation:

WH&S Regulation 2008- s325/326/327/328/329

## General Safety Tips

- managers/supervisors should always conduct a risk assessment to identify and control any hazards associated with using a ladder in the particular situation (**use Risk Matrix Tool below**)
- ladders should be regularly inspected and maintained
- all workers should be trained in the safe use of ladders.

		Consequence				
		Insignificant No Injury 0-\$5K	Minor First Aid \$5K-\$50K	Moderate Med Treatment \$50K-\$100K	Major Serious Injuries \$100K-\$250K	Catastrophic Death More than \$250K
2. Enter Probability	Almost Certain	M	H	E	E	E
	Likely	M	H	H	E	E
	Possible	L	M	H	H	H
	Unlikely	L	L	M	M	M
	Rare	L	L	L	L	L
<b>Recommended Action Guide</b>						
E=Extreme Risk – Task <b>MUST NOT</b> proceed						
H=High Risk – Special Procedures Required (See USQSafe)						
M=Moderate Risk – Work Method Statement Required						
L=Low Risk – Use Routine Procedures						

## Choosing Your Equipment

- always choose the best equipment for the job e.g. a mobile scaffold or elevating work platform may be more safe and suitable
- if a ladder is the best option, ensure the type of ladder you have chosen is properly suited to the task and of adequate strength e.g. manufactured for industrial use and with a load rating of least 120 kilograms
- always inspect the ladder before use to ensure it is in a good working condition.

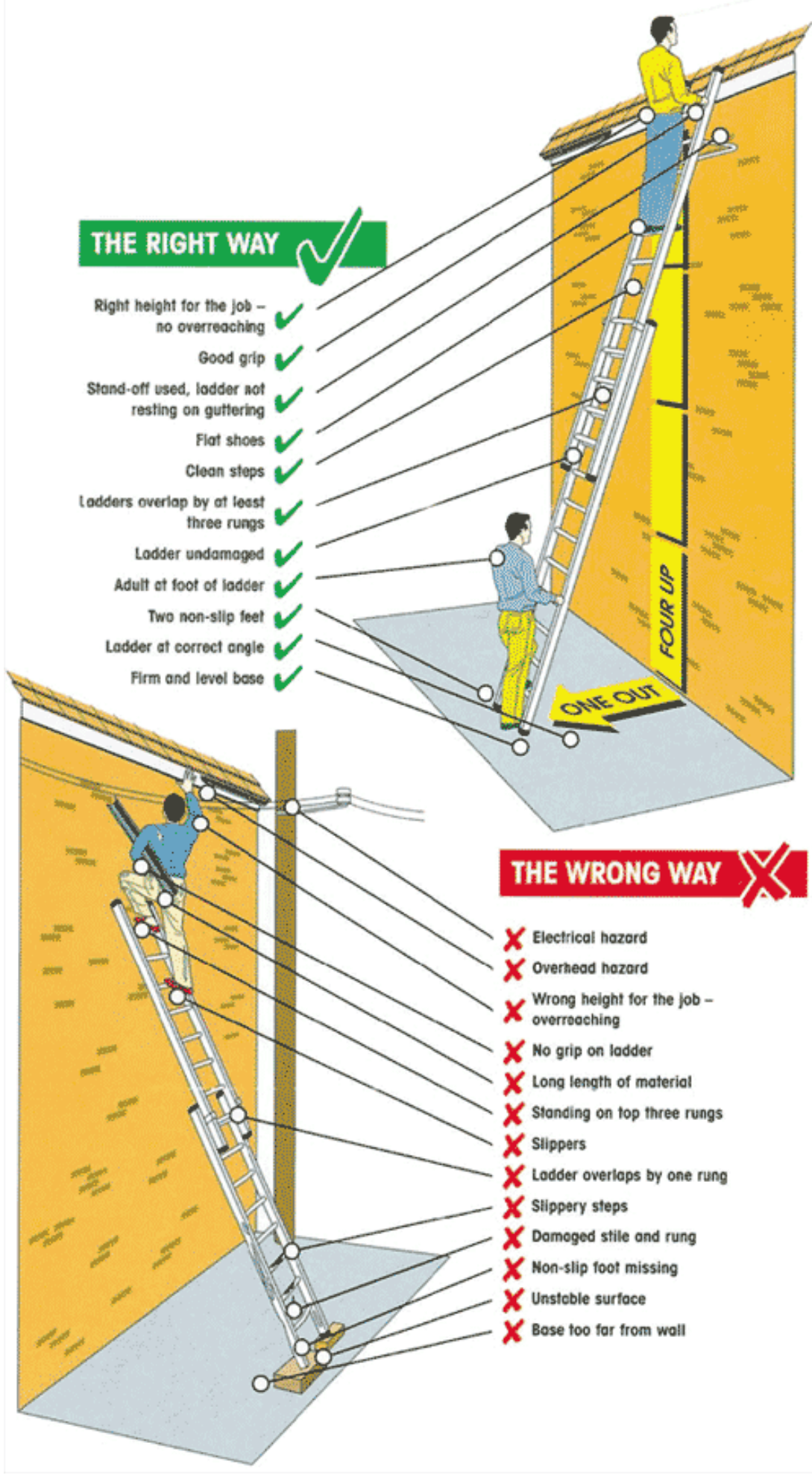


## Setting up a ladder

- always check for overhead powerlines before attempting to set up a ladder
- do not use a ladder in an access area (e.g. doorway, passageway or driveway) unless the area has been blocked off or traffic has been safely redirected
- clear any rubbish or obstructions from around the base and top of the ladder
- ensure the ladder is set up on a firm surface and placed at a safe angle (1:4 is optimum)
- secure either the base or top of the ladder to prevent it moving (e.g. tie the ladder to a secure point or ask another person to hold the base of the ladder).

## Using a ladder

- always maintain three points of contact when using a ladder ie. have two feet and one hand, or two hands and one foot on the ladder
- always face the ladder when climbing up or down and when working
- do not overreach while working from a ladder. Your body should be centred between the stiles of the ladder
- avoid climbing up and down a ladder while carrying anything in your hands. Don't handle equipment that will restrict your movement or cause you to lose balance
- keep your shoes free of grease or other slippery materials while using ladders
- do not stand higher than the tread or rung indicated on the ladder as the highest standing level
- do not stand on the top cap or the top tread of a self-supporting ladder, above the second top rung of a non self-supporting ladder or on the rear horizontal braces of a single-sided, self-supporting ladder
- a ladder used for access must extend at least one metre above the level where a person exits the ladder.

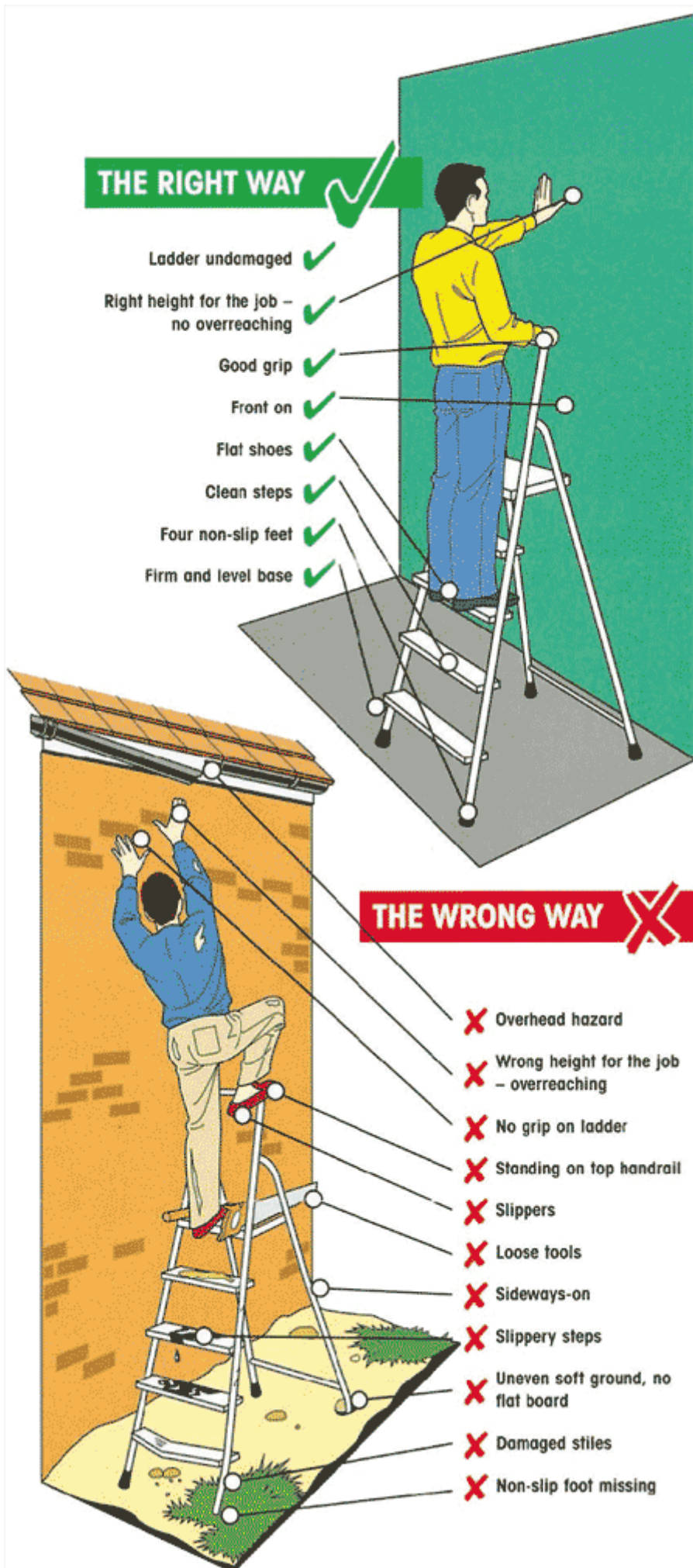


**THE RIGHT WAY** ✓

- ✓ Right height for the job – no overreaching ✓
- ✓ Good grip ✓
- ✓ Stand-off used, ladder not resting on guttering ✓
- ✓ Flat shoes ✓
- ✓ Clean steps ✓
- ✓ Ladders overlap by at least three rungs ✓
- ✓ Ladder undamaged ✓
- ✓ Adult at foot of ladder ✓
- ✓ Two non-slip feet ✓
- ✓ Ladder at correct angle ✓
- ✓ Firm and level base ✓

**THE WRONG WAY** ✗

- ✗ Electrical hazard
- ✗ Overhead hazard
- ✗ Wrong height for the job – overreaching
- ✗ No grip on ladder
- ✗ Long length of material
- ✗ Standing on top three rungs
- ✗ Slippers
- ✗ Ladder overlaps by one rung
- ✗ Slippery steps
- ✗ Damaged stile and rung
- ✗ Non-slip foot missing
- ✗ Unstable surface
- ✗ Base too far from wall



### Record of Training

I have read and understand the information provided to me for Ladder Safety and I have been issued with:



Tea Break Talk paper – Ladder Safety

\_\_\_\_\_  
Employee's Name (PRINT)                      Employee's Signature                      / /  
Date

\_\_\_\_\_  
Trainer's Name (PRINT)                      Trainer's Signature                      / /  
Date

**Document Procedure:**

- Original - to be kept on the employee's record of training
- Copy – forward to USQSafe for archive filing
- Electronic – USQSafe to record on PeopleSoft