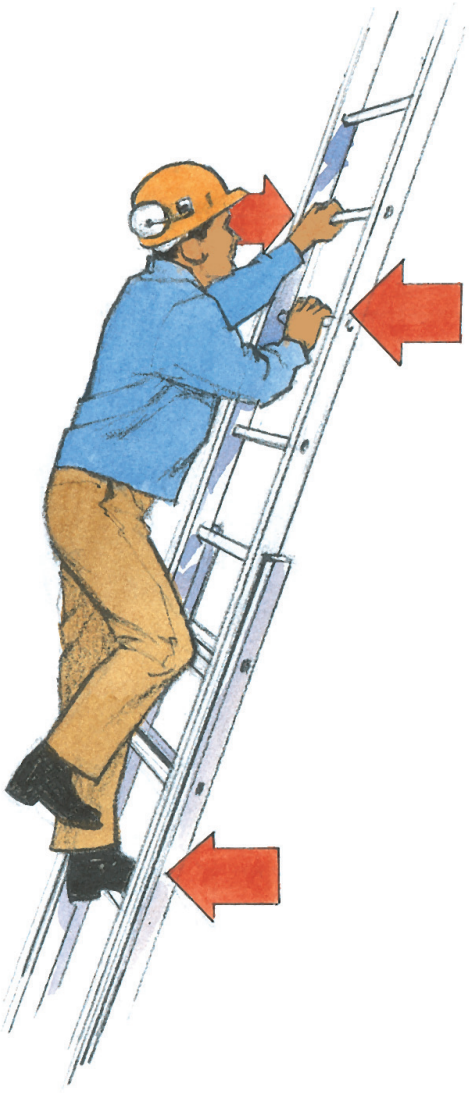
# Safe ladder use

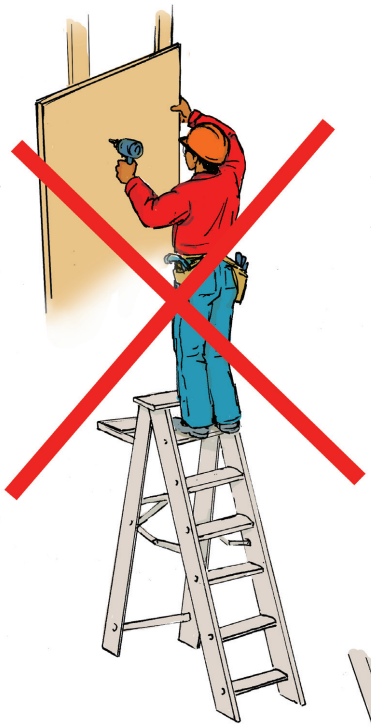
When climbing up or down, workers should:

- Always face the ladder.
- Use a three-point contact climbing method (two hands and one foot or one hand and two feet).

Only one worker at a time is allowed on a single-width ladder.



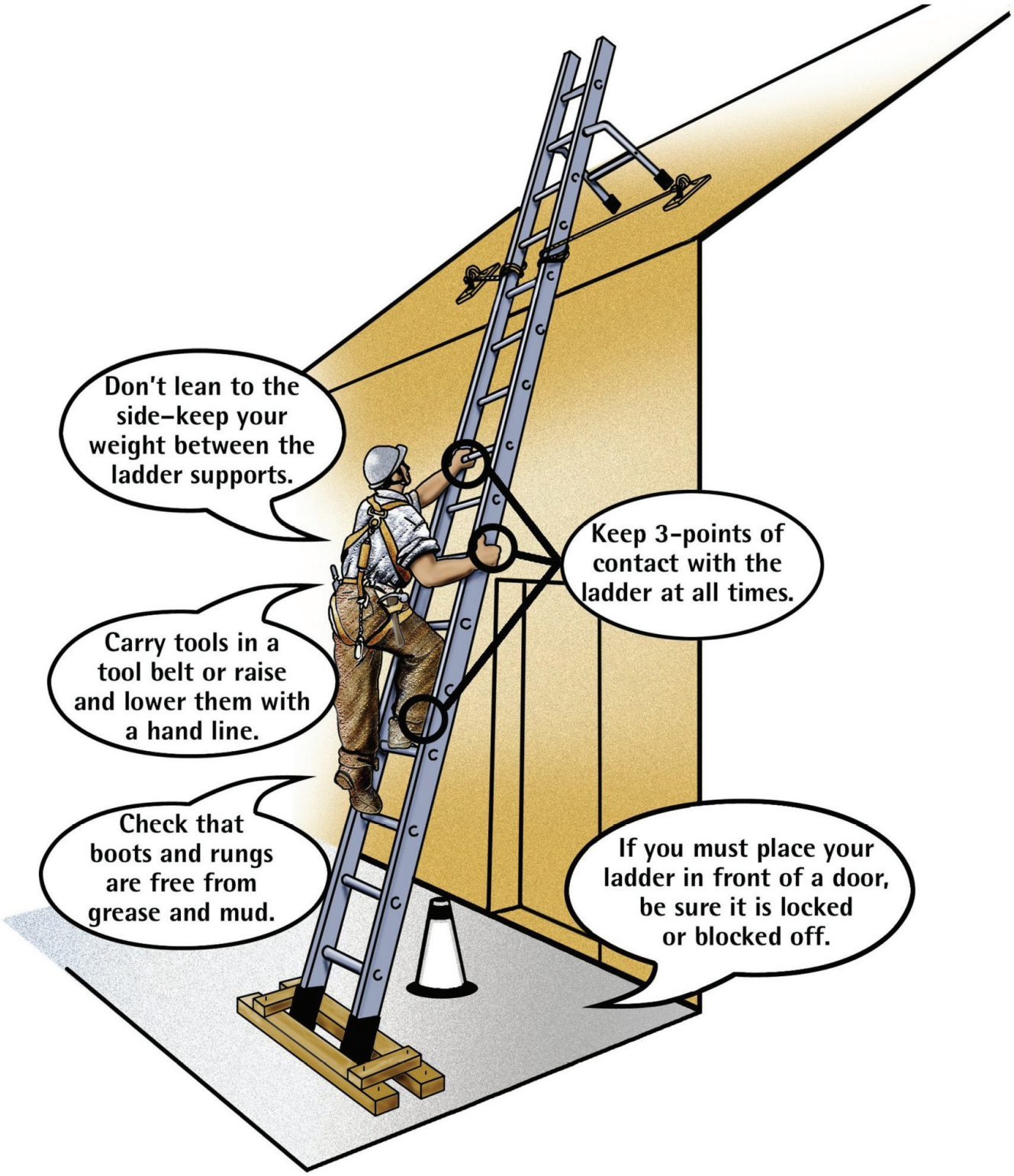
Workers must not use ladder-type material hoists for roof access unless the hoists are designed for that purpose.



Workers must not work from the top two rungs of a ladder.

Heavy, bulky, or hazardous materials must not be carried when climbing ladders. Suitable hoisting equipment must be use for this purpose.

# Safe ladder use



# Setting up a ladder

Inspect each ladder before use. Ladders with loose, broken, or missing rungs, split or bent side rails, or other defects must be identified and removed from service.

Only use CSA or ANSI Standard approved heavy duty ladders or job-constructed wooden ladders built to WCB Standard: LDR 1-2004.

Ladder tops must rest against a firm structure.

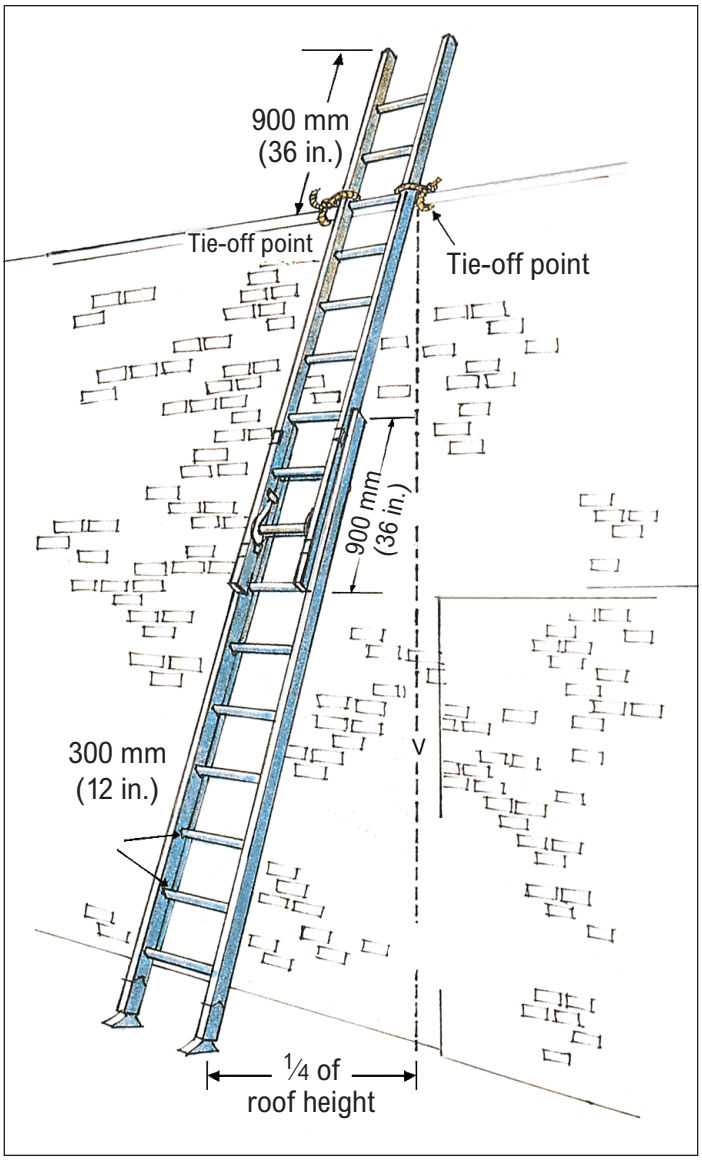
Ladders (other than stepladders) must extend approximately 1 m (3 ft) above a safe landing or parapet wall.

Ladders must be set up with a 4 vertical to 1 horizontal slope.

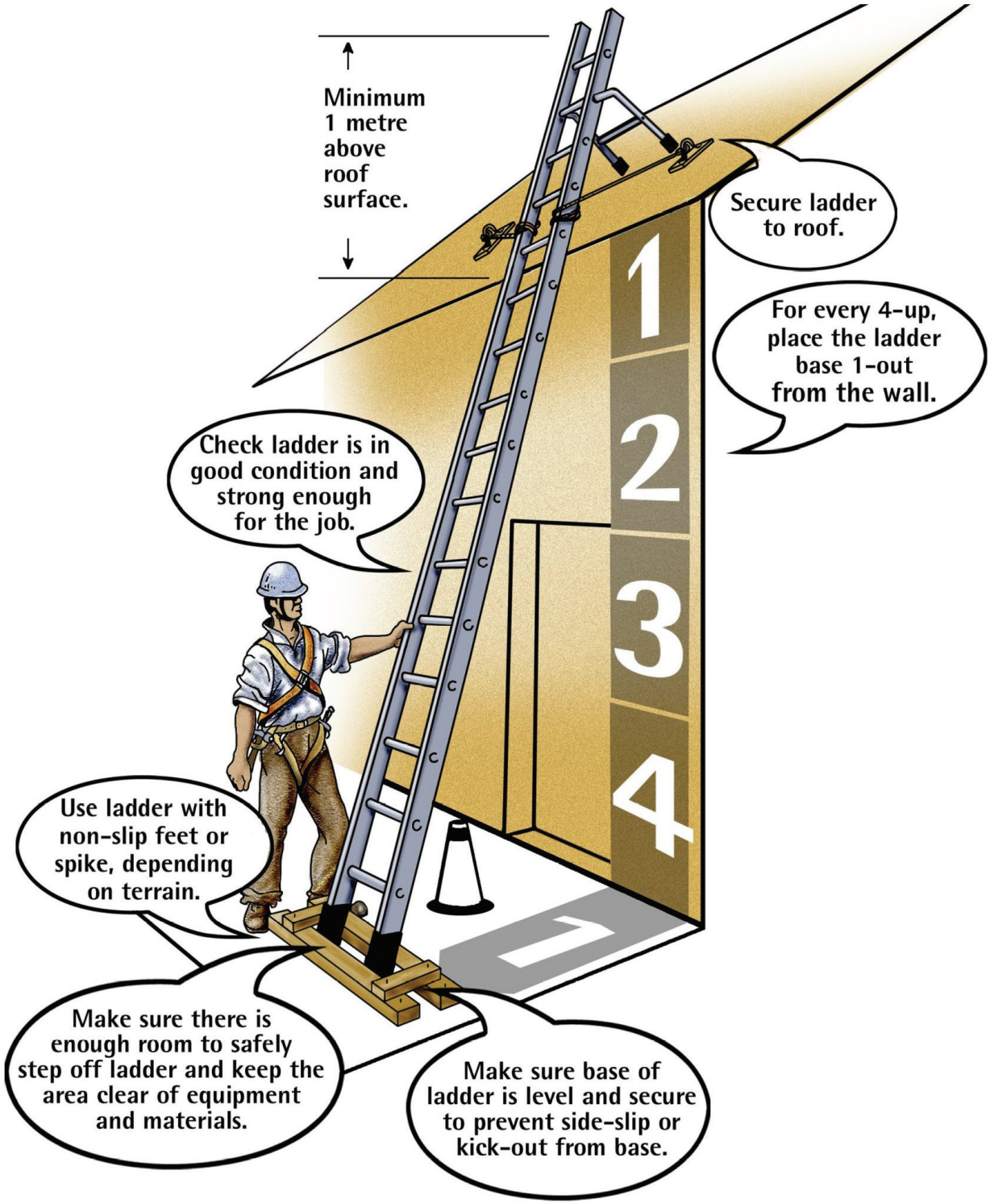
Ladders must be tied, blocked, or otherwise secured to prevent them from slipping.

The base of a ladder's side rails must rest on a firm, level foundation.

Watch for overhead power lines before erecting a ladder. Metal, including wire-reinforced wooden ladders, must not be used near energized electrical conductors.



# Setting up a ladder

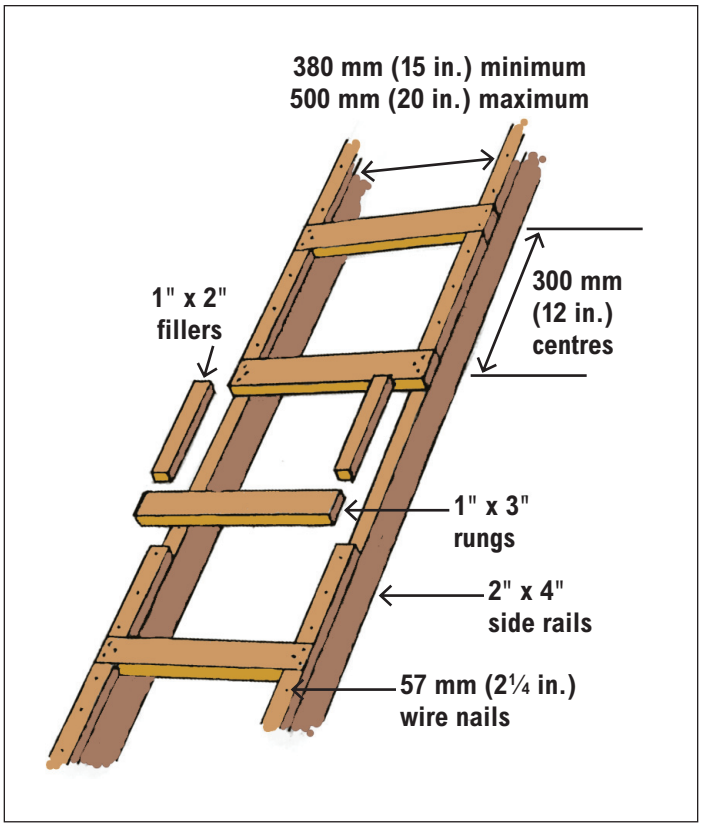


# Job-built ladders

Job-constructed wooden ladders must be designed and built to the following WCB specifications.

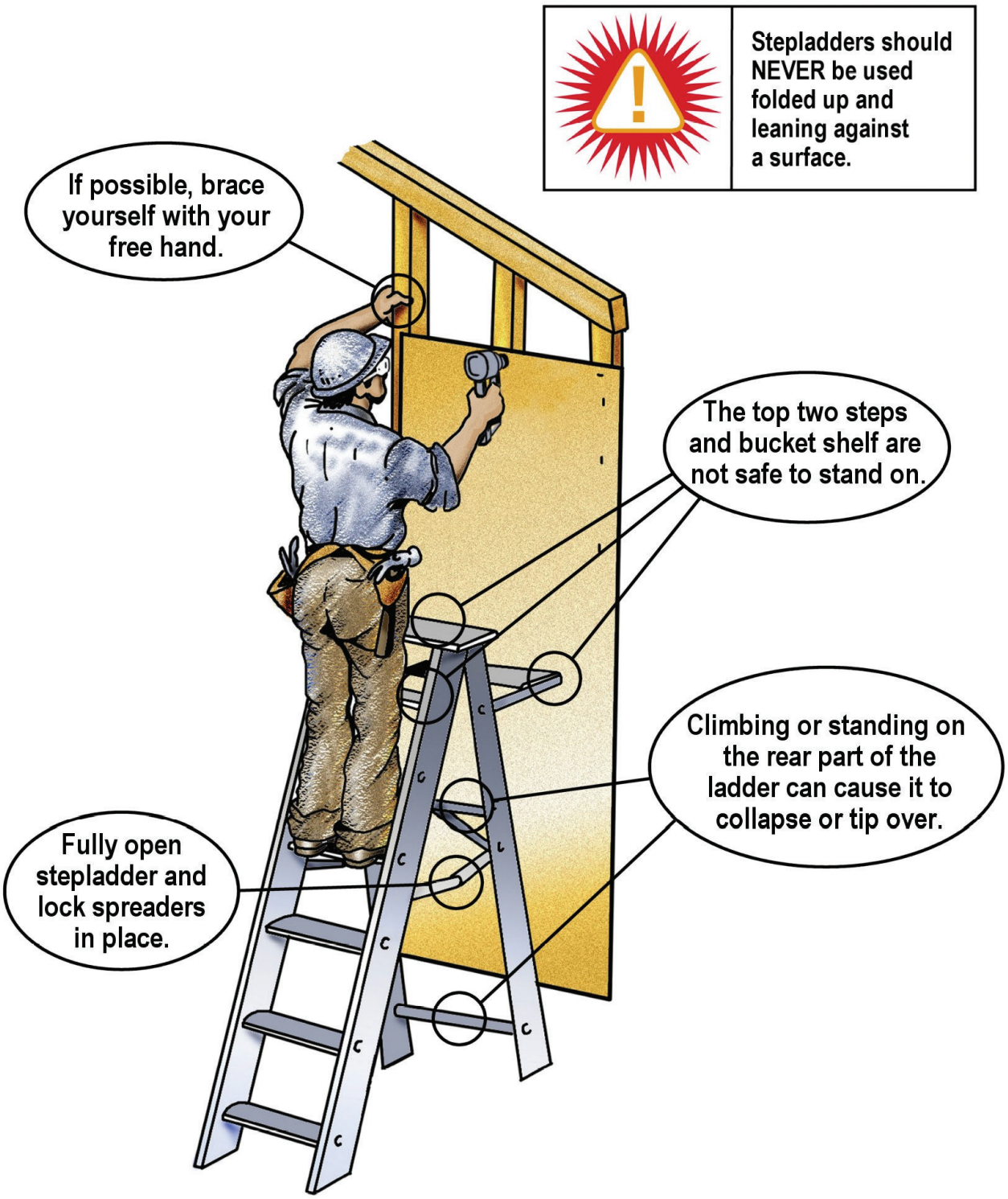
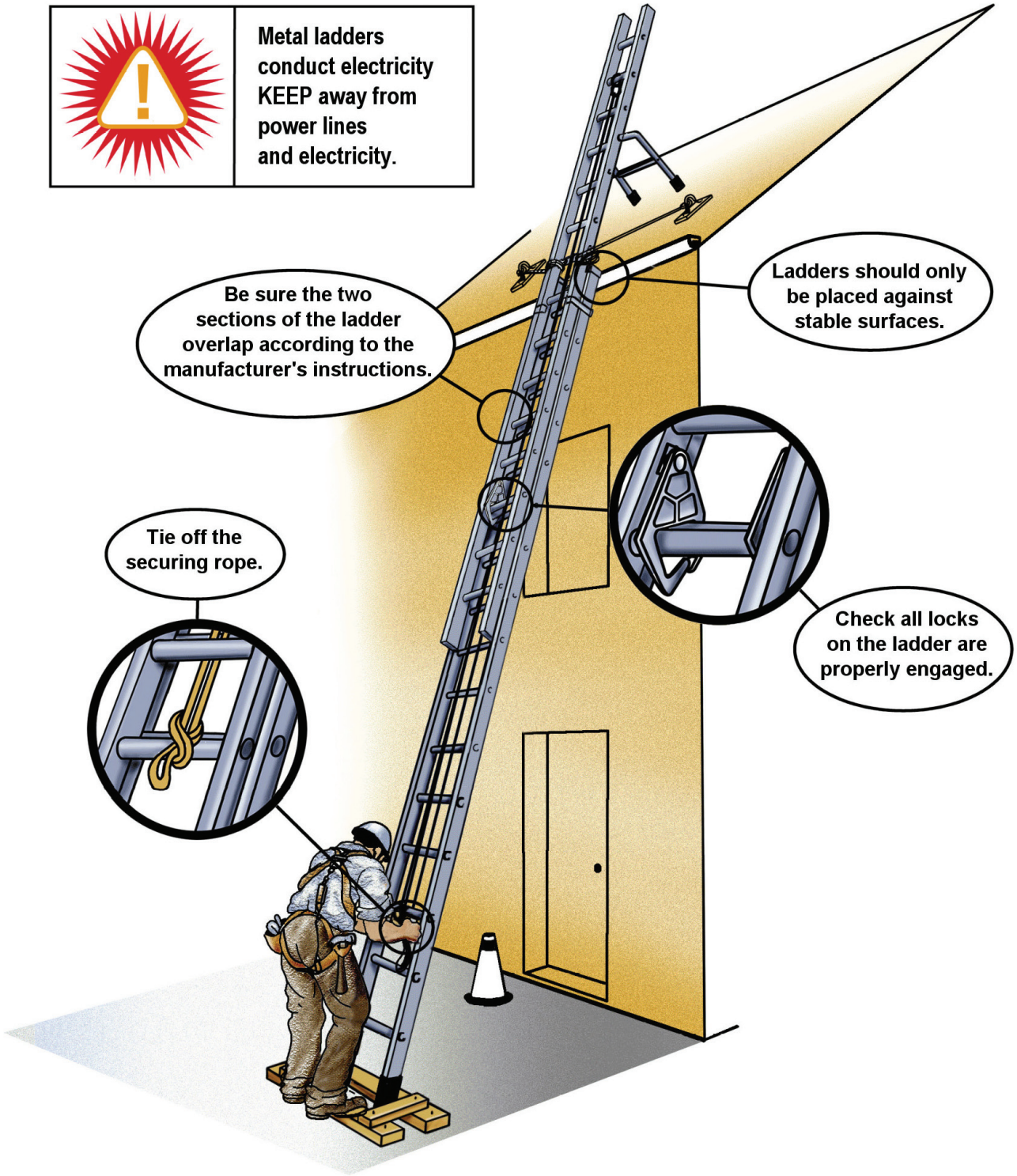
NOTE: The specifications shown here are for ladders up to a maximum of 5 m (16 ft.) in length.

- All ladder components must be cut from lumber free of defects, and must be construction grade or better.
- The side rails must be 38 mm x 89 mm (2 in. x 4 in. nominal) dimensions. Side rails must not be notched, dapped, tapered, or spliced. The distance between the inner face of side rails must not be less than 380 mm (15 in.) nor more than 500 mm (20 in.).
- The rungs (cleats) must be 19 mm x 64 mm (1 x 3 in. nominal) dimensions. Rungs must be placed at 300 mm (12 in.) centres.
- Rungs must be nailed directly onto the edge of the side rails.




*A job-built ladder up to 5 m (16 ft.) long.*

# Stepladder use



# Extension ladder use