



JOB AID HAZARD AWARENESS INFO

LADDERS

A ladder is a vertical or inclined set of rungs or steps. There are several kinds of ladders manufactured for a variety of uses. Step ladders include A-frame, platform, and trestle ladders. Evaluation of your work environment and knowledge of what ladders you need, will allow you to choose the right ladder for the job.

Hazards Involved/Arise

- Using the incorrect type of ladder for the work
- Using a ladder too short or tall for the work
- Damaged ladders
- Setting up on uneven ground without countermeasures
- Ladders not held, tied off, or secured
- Contact with electrical wires or equipment
- Falling objects
- Workers not using three-point contact when climbing and descending
- Overreaching, twisting or bending
- Standing on top of the ladder



People Affected

- Workers
- Contractors
- Bystanders

Existing Controls

- Ensure ladder is in good condition before use
- Fully open on a level, dry surface, with locking mechanism engaged
- Ensure pedestrian or vehicular traffic is not impeded
- Training (slip, trip and falls from height, proper usage, avoiding musculoskeletal injuries)
- Using correct ladder for the work and the capacity required
- Inspect and maintain ladders
- Use a spotter for tall ladders
- Never stand on the top of the ladder

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