



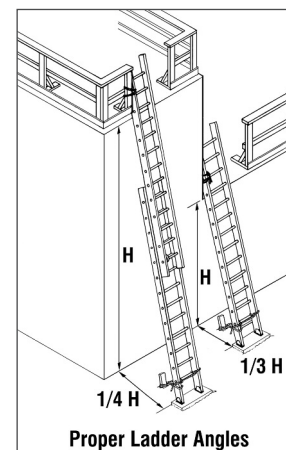
Central Ontario NETWORK BULLETIN

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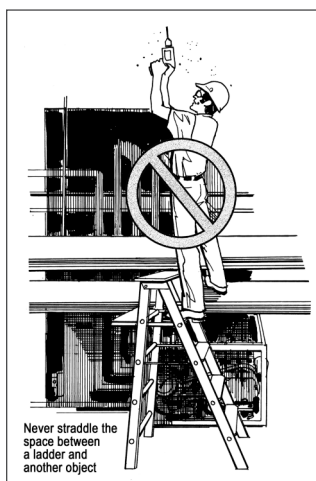
LADDER SAFETY

The Ministry of Labour is conducting a year-long blitz on ladder safety

- ◆ Ladders are a last resort. Use a proper work platform whenever you can.
- ◆ If you are working from a ladder and your feet are more than three metres from the ground, you must use fall protection.
- ◆ When working from a ladder, you must have two feet on the ladder at all times.
- ◆ Don't overreach. Instead, move the ladder so that you can reach your work while keeping your body between the side rails of the ladder.
- ◆ When climbing up or down a ladder, use three-point contact (two hands and one foot or one hand and two feet) at all times.



- ◆ Extend the top of the ladder 900 mm (three feet) above the surface of the upper landing.
- ◆ Secure the ladder at the top and bottom to prevent it from moving.
- ◆ Watch for overhead powerlines when setting up ladders.
- ◆ Ladders must be maintained in good condition. If you see a damaged ladder, tag it and remove it from use until it is repaired.
- ◆ When using a stepladder, the legs must be fully spread and locked.
- ◆ Never stand on the top or on the pail shelf of a stepladder.



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info@csao.org www.csao.org