

## Tips Ladders

*Put your ladder on level ground  
and secure top and bottom*



# Ladders

**Ladders are for short duration tasks like access or egress – do not use them as a platform. Here are some things you can do to make using ladders safer:**

- always check your ladder before you use it – never use a damaged ladder
- only commercial grade ladders are to be used on site
- rating stickers/labels must be visible and legible
- secure straight ladders at top and bottom and put it on level ground
- angle the ladder one metre out at the base for every four metres of height
- step ladders must have both stays locked in place.

**For all ladders:**

- keep the rungs clean and free of clutter
- don't lean off to the side – keep your belt buckle between the ladder uprights
- never climb higher than the third rung from the top. If you have to go higher, then use an elevated work platform or scaffolding
- always check site specific rules regarding ladders – many sites do not permit the use of ladders and/or step ladders.