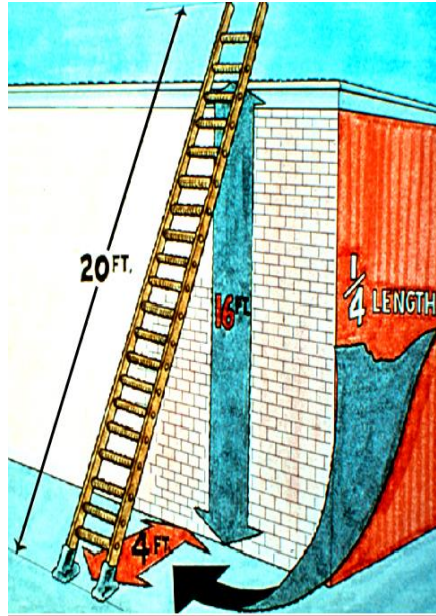


## Portable Ladder Safety

### Using the ladder safely

- Face ladder while ascending and descending.
- Only work on a ladder for a maximum of 15 – 30 minutes at a time.
- Only carry light materials (e.g. less than 20 lbs).
- Do not over reach.
- Do not work off the top three rungs – this provides a handhold.
- Keep three points of contact when working on ladder.
- Wear appropriate footwear. Shoes should not have long or dangling laces, or coated with mud or other contaminants.
- Never use metal ladders near electrical hazards.
- Stepladders should not be used as a straight ladder. They could slip on wood or concrete surfaces.
- Broken ladders should be tagged “Do Not Use” and removed from the job site.

### Example of proper ladder position



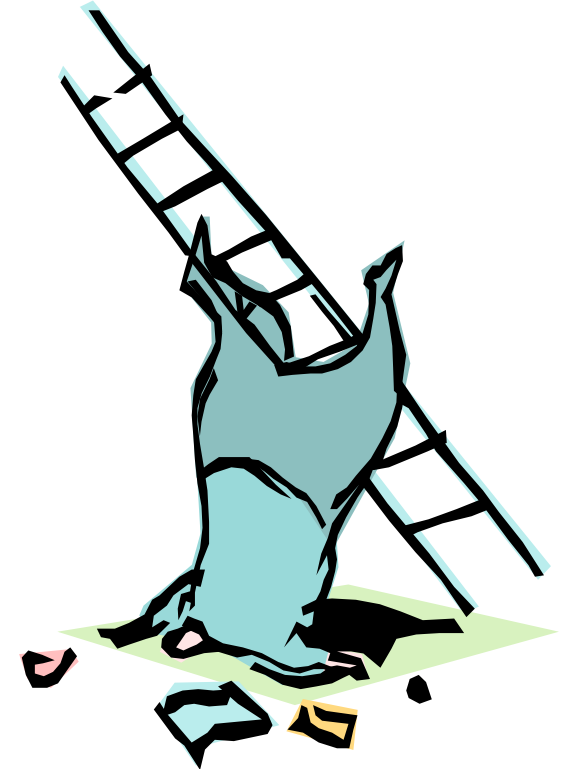
Department of Health  
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## PORTABLE LADDERS

*How to use them so they won't let you down*



Occupational Safety and Health Regulations 2009

Part 17 Construction, Sections 324 to 328

## Portable Ladder Safety



### The Facts:

- In Bermuda, 42% of all reported workplace accidents are caused by slips, trips, and falls.
- Falls from elevated work platforms (e.g. roofs, scaffolding and ladders) account for 29% of reported workplace accidents.
- Same level slips, trips, and falls account for 13% of all reported accidents.
- Workplace accidents impose significant economic and human cost.

*Source: Occupational Safety and Health Office, Bermuda, 2009*

### Why do people fall from ladders?

Most portable-ladder accidents happen when workers:

- ignore safe practices when climbing or descending;
- position ladders inappropriately;
- fail to inspect ladders regularly.

### Before using a ladder – Do an inspection

Check for:

- missing, damaged or worn anti-slip feet on metal and fiberglass ladders;
- mud, grease or oil either on the rungs or rails;
- cracks in the rungs or rails of the ladder;
- missing, broken or weakened rungs;
- cracked or damaged welds and missing or loose screws or rivets in metal ladders.
- ladder duty rating and be sure not to exceed a load greater than its rated capacity.

### Access ground conditions

Only use a ladder:

- On firm ground or spread the load (e.g. use a board).
- On clean, solid surfaces (paving slabs, floors etc.); free from loose material (sand, soil) so the feet can grip.
- Set at the correct angle of 75° or 4:1 ratio (for every 4 feet of height, the ladder base should be 1 foot out).

### Securing the ladder

- Tie the ladder to a suitable point, making sure both rails are tied.

### Anchoring the ladder

- Position a length of 2" x 4" behind ladder feet to prevent slippage.
- Tie an earth driven stake (wood or steel rod) to ladder base.