



Safe Use of Portable Ladder

Introduction

Ladders are commonly used in the workplace, and many individuals had been injured when getting on or off a ladder.

A fall from the ladder could result in a serious injuries or death when the body crashes onto the ground.



Duties of the Employer

The Employer should:

- » Conduct a risk assessment on the use of ladder
- » Ensure employees are trained and competent in the use of ladder
- » Check that employees are fit for work and feeling well to use a ladder

Risk control measures come in various ways and effectiveness. These include:

- » Eliminate the use of the ladder by removing the need to work at height such as using a paint roller with extendable handles
- » Substitution of the ladder by installing a fixed ladder system instead of using a portable ladder
- » Use of engineering controls such as erecting a barricade to keep traffic away from the ladder
- » Administration controls such as creating self-inspection checklist for the ladder before use
- » Use of Personnel Protective Equipment such as providing suitable footwear to prevent slips

The 3-point contact

A common mistake from workplace incidents is that the injured moved up or down the ladder with only 2 - points of contact (1 hand or 1 foot, 2 hands or 2 feet on the ladder).

The 3-point contact technique requires 2 hands and 1 foot, or 1 hand and 2 foot are always to be on the ladder.

Best practices

1. Check the ladder is of the correct height to reach the designated height without standing on the top rung
2. Inspect the ladders for damages or missing components before use
3. Implement a buddy system where a co-worker can hold the bottom of the ladder to stabilize it and prevent bumping from others
4. Set up the ladder on a firm and even surface and secure the base to prevent slipping or tie it against a fixture
5. Wear a slip resistant footwear and clean off any slippery substances off the soles before climbing the ladder
6. Face the ladder and maintain the 3-point contact on the ladder
7. Do not carry any objects in your hands while climbing
8. Use ladder as a mean of access to work area only or low-risk jobs
9. Use a step platform ladder if there is a need to work for long duration at height

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