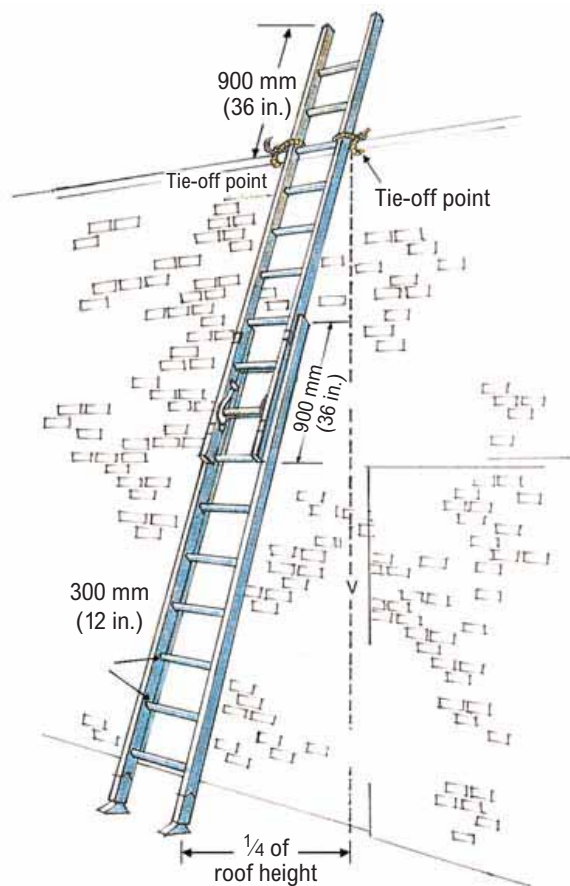


Setting up a ladder

Falls from ladders are one of the leading causes of injuries to workers in British Columbia.

- Inspect each ladder before use. Ladders with loose, broken, or missing rungs, split or bent side rails, or other defects must be identified and removed from service.
- Use only CSA or ANSI Standard approved heavy-duty ladders or job-built wooden ladders built to WorkSafeBC Standard LDR 1-2004.
- Ladder tops must rest against a firm structure.
- Ladders must extend about one metre (three feet) above a safe landing or parapet wall.
- Ladders must be set up with a four vertical to one horizontal slope.
- Ladders must be tied, blocked, or otherwise secured to prevent them from slipping.
- The base of a ladder's side rails must rest on a firm, level foundation.
- Do not use the top two rungs of a ladder
- When climbing up or down workers should:
 - always face the ladder
 - maintain three points of contact (two hands and one foot or one hand and two feet)
- Keep your weight between the ladder side rails—move the ladder instead of reaching to the side.



Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number on shift: _____ Number attending: _____

Other safety issues or suggestions made by attendees:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



WORKING TO MAKE A DIFFERENCE
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