



Safe ladder use

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

- When climbing up or down, workers should
 - Always face the ladder
 - Use a three-point contact climbing method as shown at right (two hands and one foot, or one hand and two feet)
- Only one worker at a time is allowed on a single-width ladder.
- Workers must not use ladder-type material hoists for roof access unless the hoists are designed for that purpose.



Workers must not work from the top two rungs of a ladder.



Workers must not carry heavy, bulky, or hazardous materials when climbing ladders. Suitable hoisting equipment must be used for this purpose.

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

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)



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