



Choose the right ladder

Make sure you choose a ladder that is tall enough for you to safely access your work area or reach your task. The ladder must also be strong enough to hold you and your tools, and suitable for your work environment. Here are some things you need to think about when choosing a ladder.

Is the ladder tall enough?

In addition to the ladder's height, you must consider the following factors:

- **The highest rung or step you are allowed to step or stand on**
Always follow the instructions on the manufacturer's label.
- **Your height**
If you can't comfortably reach your task while standing on the highest rung or step specified by the ladder's manufacturer, you need a taller ladder.
- **Set-up requirements**

Straight or extension ladders

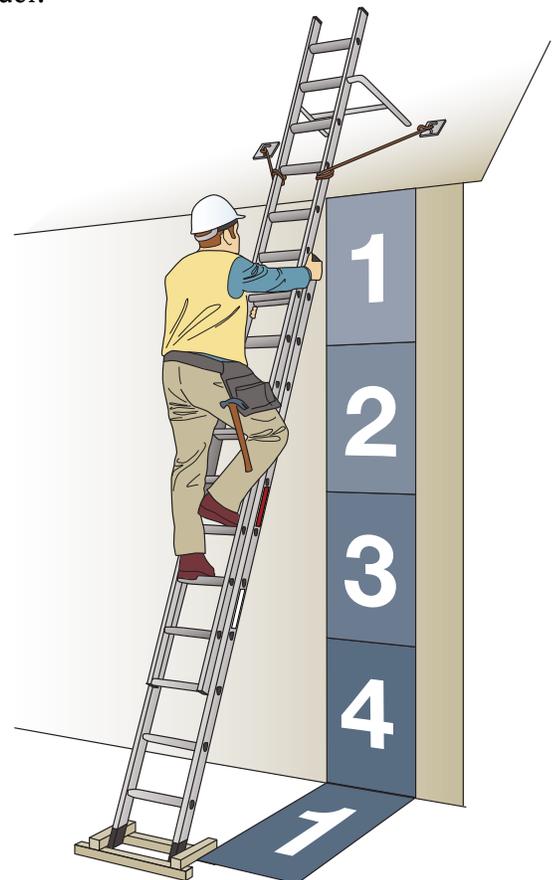
- Make sure you can set up your ladder at the required angle, using the 4-to-1 Rule: For every 4 feet (1.2 metres) up, place the base of your ladder 1 foot (0.3 metres) from the wall or upper support that it rests against.
- If you will be getting off the top of your ladder to access your work area, make sure your ladder's side rails extend at least 1 metre (3 feet) above the level or upper landing you are accessing.

Stepladders

- Make sure you can reach your task when your stepladder's spreader bars are fully open and locked.

Is the ladder suitable for your task?

- Check the load and duty ratings on the manufacturer's label. Make sure your ladder can handle the combined weight of you and your tools.
- Use a ladder made of non-conductive materials, such as fibreglass, when doing electrical work.



When choosing a straight or extension ladder, make sure that its length allows you to set it up at the required angle, using the 4-to-1 Rule.

All ladders must meet a standard acceptable to WorkSafeBC, such as CSA or ANSI. Check the manufacturer's label for this information.

For more information, see WorkSafeBC's Ladder Safety Series on WorkSafeBC.com.