

Is this the right tool for the job?

Stepladder safety in construction

From 2012 to 2014, falls from ladders injured or killed 1,005 workers in the construction sector.

That's almost one fall every day for three years.

To reduce the risk of falling, ask yourself "Is this the right tool for the job?" before you reach for a stepladder. To answer this question, follow these three important steps.

1. Assess the hazards.

- Can you set up the ladder on a firm, level surface?
- Is the ladder in good condition?
- Does it have a legible label with the load and duty rating?
- Is the ladder the right grade for the task and the industry (CSA Grade 1 or better)?
- Is the ladder the correct height or length to allow you to work safely?
- Is there anything else that could increase your risk of injury while using the stepladder?

2. Consider safer alternatives.

Could you use a safer alternative to a stepladder? Consider platform ladders, scaffolding (stationary or rolling), boom or scissor lifts, or other work platforms.

3. Follow safe work procedures.

Whether you use a stepladder or a safer alternative, follow safe work procedures every time. Setting up a stepladder incorrectly puts you and other workers at risk of serious injury. If a stepladder is the right

tool for the job, make sure you do the following:

- Check the work area to ensure the ladder is the correct length/height.
- Inspect the ladder before using it. Open and position the ladder on a firm, level surface. Make sure all four feet are in contact with the surface.
- Open and lock the spreader bars.
- Maintain three-point contact when climbing (two hands and one foot or two feet and one hand at all times).
- When performing short duration, light-duty work from the ladder, keep two feet on the same step and support your body (knees or chest) with the ladder to maintain three points of contact. Make sure a safe handhold is available.
- Don't stand or sit on the top two rungs of any stepladder.
- Follow the ladder manufacturer's instructions.



For more information on ladder safety, see the [Construction Safety Series](#) on worksafebc.com.

Project			
Address		City	Province
Employer		Supervisor	
Date (yyyy-mm-dd)	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's signature	Supervisor's signature