



## 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:

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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: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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