

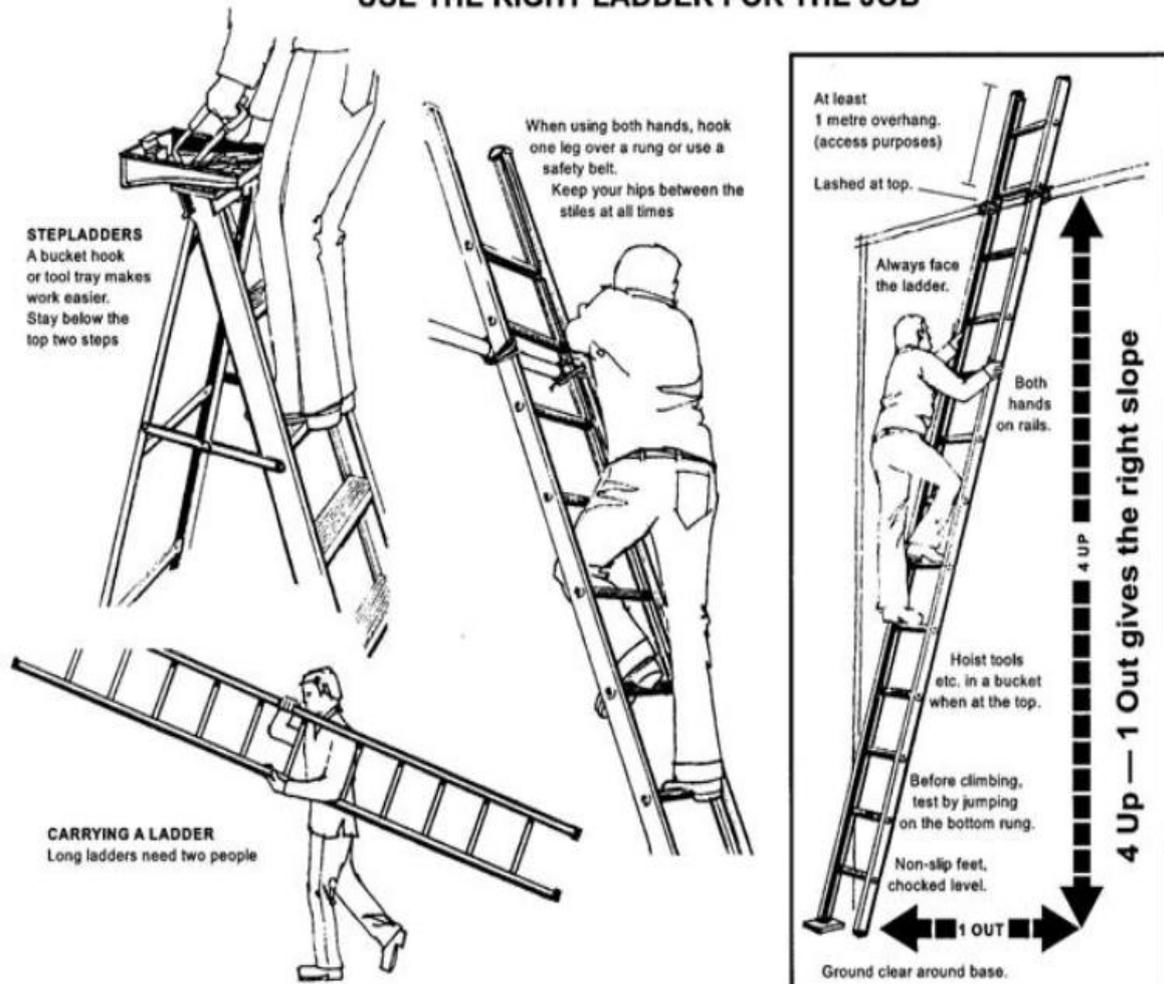
# INSTRUCTIONS FOR WORKERS ON USE OF LADDERS

## EMPLOYEES:

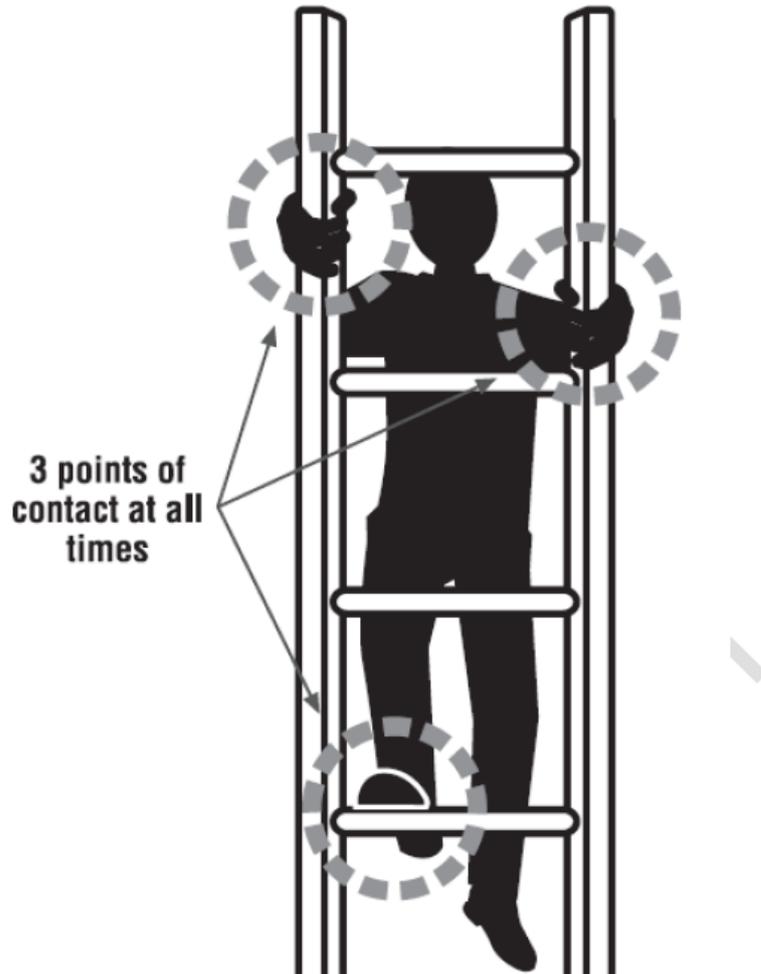
If you must use a ladder, before you start work:

- conduct a hazard identification and risk assessment
- install a barricade or warning signs if there is a hazard to persons in proximity of the work area
- ensure that the ladder has an angle or pitch of about 1:4
- ensure that the ladder extends at least one metre above the landing
- ensure that the ladder is installed on a firm footing
- secure the top and bottom of the ladder against displacement
- ensure that a non-conductive, insulated ladder is used for electrical work or near electrical hazards
- ensure that the ladder will not be used in a manner that endangers any person.

## USE THE RIGHT LADDER FOR THE JOB



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Three points of contact with the ladder should be maintained at all time, i.e. two feet and one hand, two hands and one foot or two feet and the frontal D ring on the harness attached to the arrest/restraint line or inertia reel. Tools and materials should not be carried by hand, They should be in a tool belt or side pouch.