

# Work Safe Bulletin

## Ladders

The Cement Finishing Labour Relations Association is an Ontario not-for-profit ICI employer organization whose purpose includes the promotion of safe work planning and practices.

The purpose of this document is to provide specific hazard information and promote discussion of safe work practices.

This bulletin does not contain a full analysis of the law, nor does it constitute a legal opinion. The CFLRA is not liable for any damages resulting from the use of this information.

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### Background:

Falls from ladders are a leading cause of injuries and fatalities in construction.

### Considerations:

Each project has unique characteristics that require careful consideration. It is strongly recommended that this issue be discussed at the preconstruction meeting with your safety representative. To reduce the possibility of an incident, it is recommended that the following be considered:

1. Assess the hazards associated with the use of ladders prior to performing any work.
2. Scaffolds, work platforms or man lifts should be used whenever possible—ladders should be the last choice.
3. When working from a ladder, you must use fall protection when exposed to a fall of more than 3m (See also WSB Guardrails & Fall Protection).
4. Never use a damaged ladder.
5. Ensure that the ladder has sufficient load capacity before using it.
6. Look for overhead power line hazards when erecting a ladder.
7. Maintain a ratio 1 foot out for every 3 to 4 feet of vertical height.
8. A ladder used for access must have a firm footing, be tied off (top & bottom) and extend 3 feet above the landing.
9. Make sure step ladder legs are locked and that your waist stays below the top of a step ladder—never stand on the top or paint shelf of a step ladder.
10. Always maintain 3 point contact when climbing or descending a ladder.
11. Do not carry materials while climbing or descending on a ladder.
12. Do not support heavy or bulky objects while standing on a ladder.
13. Never over-reach, always move the ladder to maintain a centre of gravity between the side rails.
14. BE CAREFUL—falls from ladders are a leading cause of injuries and fatalities in construction.

### Further references:

- [Occupation Health and Safety Act](#)
- [Ontario Regulation for Construction Projects](#)

