

# Working from Ladders.

No	Activity	Hazard	Person(s) in Danger	Control Measures	Residual Risk Rating
37	Work involving the use of ladders and inclusive of step ladders.	<p>Working from ladders.</p> <p>Risks of injury falling from portable ladders and inclusive of step ladders.</p>	<p>Employees</p> <p>Contractors</p> <p>Public</p> <p>Visitors</p>	<ul style="list-style-type: none"> <li>• Apply the hierarchy of control for working at height and assess if a ladder is the best (safest) option.</li> <li>• Conduct pre-use checks for any defects and ensure ladders are inspected by a competent inspection as part of a inspection regime.</li> <li>• Ladder equipment, training and use to be Tetra Level 2 or equivalent. Damaged or defective ladders must be removed from use.</li> <li>• Ensure ladders are rested against a strong upper resting point (e.g. not a plastic gutter).</li> <li>• Only use ladders when on firm and level ground, clean/solid ground and away from areas where ladders.</li> <li>• Secure the ladder at the base for extra stability.</li> <li>• Follow the 1 in 4 ladder angle rule.</li> </ul> <p><b>Using a ladder:</b></p> <ul style="list-style-type: none"> <li>• Make sure the ladder will only be used for short duration work (maximum 30 minutes).</li> <li>• Maintain three points of contact at all times when using ladders.</li> <li>• Do not overload the ladder, consider the weight of equipment/materials you are carrying - check the label on the ladder for information.</li> <li>• Avoid carrying items when climbing the ladder, the use of a tool belt or tool tethers should be utilised.</li> <li>• Ensure that both hands are used on the stiles while facing the ladder.</li> <li>• Ensure the appropriate Personal Protective Equipment (PPE) is worn.</li> </ul>	Low