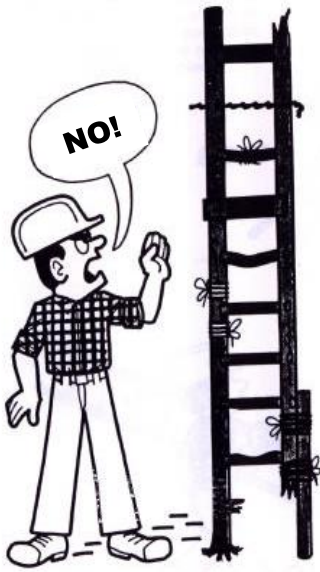


## Portable Ladders

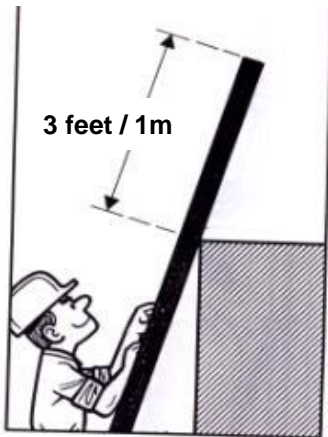


### Design Specifications

- The use of home made ladders is forbidden.
- The ladder must not be loaded beyond its capacity
- The ladder must have the proper size for the job. It is forbidden to use metal ladders nor metal tools around exposed electrical wiring.

### Safety Work Instructions














































- Working is allowed on a ladder only when the following 4 requirements exist:
  1. Practically there is no safer and more appropriate way to perform the work
  2. It is a short time work
  3. It's a minor extend work
  4. The risk assessment concludes the level of risk is low
- When working at 1,8 meters (6 feet) or above ladders' users must wear fall protection equipment and have a suitable tie off point except when the 4 above requirements exist. .
- Ladders must only be set on stable and level surfaces and secured at the foot to prevent accidental movement
- Ladders must not be set on slippery surfaces unless secured or provides with slip-resistant feet to prevent accidental movement.
- The area around the top and the bottom of the ladder must be secured (clear of debris, tools and other objects, signaled and secured when placed in areas such as passageways, doorways or driveways, or where they can be displaced by workplace activities or traffic to prevent accidental movement).
- The technically proper angle for a non-self-supporting ladder is about 75 degrees above horizontal. This means that the base should be set out one-fourth of the ladder's height to its top support point.
- One must always face the ladder when climbing up or down, maintain 3 point contact and keep his/her belt buckle inside the rails of a ladder



### Safety Checks

- The ladder must always be inspected prior use to make sure it is in a good shape. Defective ladders must immediately be marked defective or tagged with "DANGER - do not use" or similar language and withdrawn from service.

## Required checklist

- 


**Have all the ladders' users been trained to use it safely?**
- 


**Has the ladder sufficient length and proper size for the job to be performed (at least 3 rungs or 3 feet (1 m) above the upper landing surface)?**
- 


**Is the ladder in a good shape (no broken or missing rungs, cleats or steps broken or split rails, corroded components...)?**
- 


**Has the ladder been set on a stable and secured surface?**
- 


**Has the ladder resistant-slip feet?**
- 


**Is the top of the ladder placed with the two rails supported equally?**
- 


**Is the ladder secured against sideways movement (at the top or held by another worker, secured at the feet to prevent accidental movement)?**
- 


**Is the environment secured around the ladder (top and feet clear of debris, tools and other objects, traffic or activity kept away from the ladder by signs or barricades)?**
- 


**Is the ladder set up angle appropriate (about 75 degrees above horizontal)?**
- 


**Has the electrical hazard been considered ? (even wet or dirty wood of fiberglass ladders can conduct electricity so keep all ladders and tools at least 10 feet away from live overhead power lines and other overhead obstructions)**
- 


**Does the user face the ladder when going up or down?**
- 


**Does the user always maintain 3 point contact when going up or down?**
- 


**Has the ladder the proper duty rating to carry the user's weight and the material used on it?**
- 


**Does the user carry heavy or bulky loads up a ladder that could cause loss of balance and falling?**
- 


**Does the user keep his belt buckle inside the rails of a ladder?**

**This document has to be used as a help before starting the work or performing a SFA**