

Safe use of Ladders

Recently a Contractor fell from a height of 2.9m while using a customer's domestic ladder. The Contractor did not ensure a safe, non-slip surface for the ladder footing and was lucky he did not sustain serious injuries when the ladder slipped out from under him.

Falls from ladders (including stepladders) and roofs make up approximately 70% of all fall related incidents.

The following is a reminder on the safe use of ladders.

Ladders as a means of access

Ladders do not offer fall protection and therefore should be the last form of access equipment to be considered.

Ladders should only be used for light, low risk short duration tasks.

The risk of falling onto something below a ladder must be considered when determining if a ladder is a suitable means of access.

If the task analysis determines that a ladder is the right piece of equipment to be used, then a ladder appropriate for the task should be selected.

Ladders must be trade or industrial standard, rated either 120kg or 150kg, and compliant with the New Zealand Standard AS/NZS 1892.

Ladders must be clearly labelled, free of defects and not covered in chemicals or other material.