**Safe Work Practice** Portable Ladders

| **Department/Area:** | **Approved by:** | **Date Created:** | **Review/Revision Date:** |
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| insert text here |  |  |  |

| **Potential Hazard** | **Risk level** |
| --- | --- |
| Awkward/sustained postures - bend, reach, lift |  |
| Forceful exertions - lifting |  |
| Repetitive movements |  |
| Vibration |  |
| Compression |  |
| Sharp points/edges - sharp materials |  |
| Pinch points - bin lids |  |
| Materials falling - bin lids |  |
| Surfaces causing falls - icy, snow in winter |  |
| Moving machinery |  |
| Chemicals |  |
| Biological pathogens - contact with waste |  |
| Electrical |  |
| Extreme heat/cold |  |
| Noise |  |
| Combustibles/flammables |  |
| Risk of falling |  |
| Other |  |

| **Risk control devices, personal protective equipment, and other safety considerations** | **Training/Reference info** |
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**What are some good general safe work practices?**

* **DO** ensure that when setting up a ladder, to secure the base and “walk” the ladder up into place.
* **DO** ensure that the ladder should is set at the proper angle of one foot (1') horizontal to every four feet (4') vertical.
* **DO** ensure that before using a ladder that it is secured against movement at base, against kick out and the top lateral movement.
* **DO** ensure, that a portable ladder does protrude three feet (3') above the intended landing point.
* **DO NOT** work from the top three rungs of a ladder.
* **DO NOT** overreach while on a ladder - maintain centre of gravity. It is easier and safer to climb down and move the ladder over a few feet to a new position.
* **DO** face the ladder and use the three-point contact.
* **DO** keep metal ladders away from electrical sources.
* Do not use defective equipment or components.
* Do not use a harness or lanyard that has arrested a fallen worker.
* Do not attach two lanyards together to make them longer.