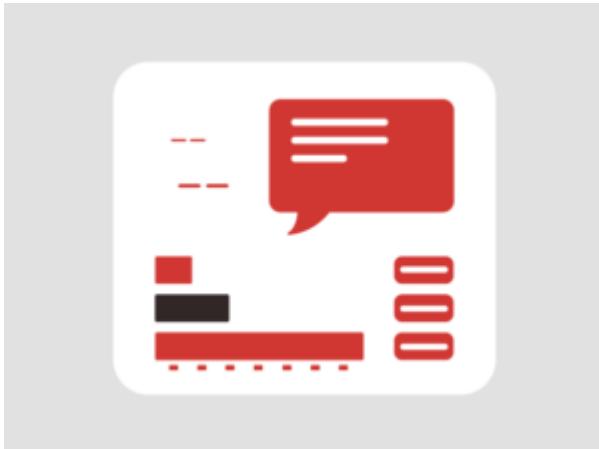


Ladder Safety – Landscaping Infographic



Ladder safety

Inspect the ladder before each use

The Climb

Fall protection is required when working above **3 metres**

Always face the ladder when climbing up or down and while working

Maintain 3-point contact when climbing up or down

Have two hands and one foot, or two feet and one hand on the ladder at all times

Set-up and placement

- Set the ladder on a firm, level surface
- Secure the base and top so they do not move
- Clear the area around the base and remove unstable material and debris
- Do not use aluminum ladders near live electrical equipment or wires
- Make sure that the surface and ladder feet are clean. Dust, sand or dirt can cause ladder feet to slide
- Barricade the immediate area with high visibility or barrier tape if the ladder will be used for a period of time

Working from a ladder

Employers need to ensure that

- Ladders are **CSA-approved**
- Damaged ladders are **removed from service, repaired or disposed of**
- Ladders are **suitable for the job**
- Workers are **trained on what ladder to use when, and how to use them safely**

Keep boots clean of mud, grease, or any loose or slippery material

Keep your centre of gravity between the side rails

Use a hoist rope or tool belt to carry tools or materials when climbing

Stand no higher than the third or fourth rung from the top

Maintain knee contact for balance, along with a minimum 3-point contact

DO NOT walk, bounce, hop or jump a ladder

Climb down and reposition the ladder

If a ladder must be used to do the job, training in safe use is essential

CCOHS.ca
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>