

LADDER SAFETY SERIES

Choose the right ladder

Make sure you choose a ladder that is tall enough for you to safely access your work area or reach your task. The ladder must also be strong enough to hold you and your tools and suitable for your work environment. Here are some things you need to think about when choosing a ladder.



All ladders must meet acceptable standards under the *Saskatchewan Occupational Health and Safety Regulations, 2020*. Check the manufacturer's label for this information.

Is the ladder tall enough?

In addition to the ladder's height, you must consider the following factors:

The highest rung or step you are allowed to step or stand on

Always follow the instructions on the manufacturer's label.

Your height

You should be able to comfortably reach your task without standing on the top two rungs or steps of your ladder, unless it is a stepladder with a platform and handrail (see *Saskatchewan Occupational Health and Safety Regulations, 2020* 16-7(2)). If you can't comfortably reach your task, you need a taller ladder.

Set-up requirements

Straight or extension ladders

- Make sure you can set up your ladder at the required angle, using the 4-to-1 rule: for every four feet (1.2 metres) up, place the base of your ladder one foot (0.3 metres) from the wall or upper support that it rests against.
- If you will be getting off the top of your ladder to access your work area, make sure your ladder's side rails extend at least one metre (three feet) above the level or upper landing you are accessing.

Stepladders

- Make sure you can reach your task when your stepladder's spreader bars are fully open and locked.
- When in use, have the front section slope at an angle of 1 horizontal to 6 vertical.

Is the ladder suitable for your task?

- Check the load and duty ratings on the manufacturer's label. Make sure your ladder can handle the combined weight of you and your tools.
- Use a ladder made of non-conductive materials, such as fiberglass, when doing electrical work.