



# Ladder Use

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Quick N Quality Projects LTD  
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## Ladder Use

# LADDERS

Falls from elevation are a leading cause of industrial injuries, and a great number of these falls are from ladders, both fixed and portable. Quick N Quality Oilfield LTD will endeavor to prevent falls and accidents involving ladders through purchasing, inspection and employee education.

Portable ladders purchased new, will conform to CSA/CAN3-Z11-M81(R2001) Portable Ladders. Ladders to be used in proximity of power lines or in electrical rooms will be made of non-conductive fiberglass construction.

### USE GUIDELINES

- \* Prior to use the proper length of ladder must be determined; the ladder must project at least 1m above the landing to which it is to provide access.
- \* The overlap distance on extension ladders must not be less than:
  - 1 m (3.3 ft.) on ladders up to 11 m (36 ft.)
  - 1.5 m (5.0 ft.) " " " " 11 - 14.6 m (36 - 48 ft.)
  - 1.7 m (5.6 ft.) " " " " 14.6 - 20 m (48 - 66 ft.)
- \* The work area must be inspected for overhead hazards such as power lines or overhead cranes.
- \* Ladders with defects such as cracked, loose or broken rungs, must be tagged as defective and removed from service. Non-skid feet must be in proper working condition.
- \* Single or extension ladders must be inclined at 75° by placing the bottom of the ladder 1/4 of the working height out from the base of the vertical support surface.
- \* Proper footwear with non-skid soles and heels is to be worn by all users of ladders.
- \* Portable ladders over 6m (20 ft.), or in high traffic areas, must be secured in place during use or be supported by one or more employees.
- \* Moving and setting up of heavy or long ladders must not be done by one employee.
- \* Only one employee is allowed on any portable ladder at a time.
- \* Tools or equipment other than tools on tool belt are not to be carried up any ladder. Hands are to be kept free for climbing, the tools and equipment must be hoisted in an approved container.
- \* If both hands are needed for the task, fall protection attached to a proper anchor point must be used.
- \* No work is to be done off the top two rungs of any single, extension or stepladder.
- \* Ladders are never to be used as horizontal bridging devices.
- \* Stepladders are only to be used in the fully opened position with the spreader bars locked.

### Permanent Ladders

- \* Must be vertical;
- \* Must have side rails which extend 90cm (36in.) above the landing;
- \* Must have rungs which are at least 18cm (7in.) from the wall and spaced at regular intervals of 30cm (12in.);
- \* Must meet the requirements of PIP Standard STF05501 (February 2002), Fixed Ladders and Cages.



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