

Ladder Safety



Never stand on University furniture.

Using a ladder

- Always maintain three points of contact when using a ladder
- Always face the ladder when climbing up or down and when working
- Three points of contact must be maintained whilst working from a ladder, if this cannot be achieved then a fall arrest harness system that is not attached to the ladder must be used.
- Do not overreach while working from a ladder. Your body should be centred between the stiles of the ladder
- Avoid climbing up and down a ladder while carrying anything in your hands. Don't handle equipment that will restrict your movement or cause you to lose balance
- Keep your shoes free of grease or other slippery materials while using ladders
- Do not stand higher than the tread or rung indicated on the ladder as the highest standing level
- Do not stand on the top cap or the top tread of a self-supporting ladder, above the second top rung of a non self-supporting ladder or on the rear horizontal braces of a single-sided, self-supporting ladder
- A ladder used for access must extend at least one metre above the level where a person exits the ladder.



Worksafe Australia identified fatalities

Working fatalities: number of traumatic injury fatalities by mechanism of injury, Australia, 2010-11

