

Ladder Safety Pgam

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Contractor Requirements

following the University's Ladder Safety Program where the requirements exceed a Contractor's Program and/or the OH&S Code;
honouring the University's contractual requirements;
employing competent and qualified workers;
having documentation available to indicate that appropriate training has been received; and
providing appropriate equipment to complete work activities. If a situation arises where the Contractor cannot provide appropriate equipment (with the exception of fixed ladders), written approval must be obtained from Risk Management prior to the use of any equipment owned by the University.

Employer Health and Safety Responsibilities

periodically auditing recordkeeping;
providing support to supervisors and workers; and
reviewing and updating the Ladder Safety Program as necessary.

4. Training

Training on the use of ladders is essential to ensure safety as well as to allow for consideration of the safest possible means of access or egress when ladders are used to gain access to higher areas/levels where work is required.

The University of Calgary Ladder Safety online training course is available to University personnel, and is required to be completed prior to working with ladders and at any time refresher training may be necessary. Contractors are responsible for providing appropriate training to their employees.

5. Hazard Assessment

The HACF should be completed by the supervisor with participation from workers as necessary prior to any work activities. All workers should review the completed HACF and complete a FLHA (if required) prior to any work activities.

Common hazards associated with ladder use include:

- slippery surfaces;
- improper set up and unsafe worker positioning;
- overhead/underground power lines;
- traffic (e.g. vehicle and pedestrian);
- environmental conditions;
- equipment in poor working condition; and
- electrical hazards.

6. Restricted Prohibitions

Access/Egress

A ladder should not be used if another safe and recognizable option exists for entering or leaving an elevated or sub-level area such as stairs, ramps, etc.

Single Rail Ladders

Single rail ladders are not allowed to be built or used at the University of Calgary as they can be unstable and unsafe for use.

Applied Finishes

Only transparent, non-conductive finishes can be used on a ladder. A ladder that is painted can prevent the worker from properly assessing the condition of a ladder, and some applied finishes may allow for the transfer of electricity. Ladders should be kept free of waste products that can accumulate on a ladder such as drywall mud, cement, paint, adhesives, etc. as these can hide potentially unsafe conditions and affect operating mechanisms.

Electrical Conductivity

The following should be abided by when working from and using a portable ladder:

always face the ladder when ascending/descending

do not use a stepladder for access to or from another work area

do not lean to one side or overreach

a portable ladder is not to be used as a support for a working platform

visually inspect the portable ladder prior to use for any deficiencies

do not place a portable ladder on other materials such as boxes, or scaffolds to gain height

be aware of surroundings when setting up a portable ladder for potential situations where the ladder could be bumped by a vehicle, door, person, etc. and use barriers as appropriate

CSA Grades and Maximum Ladder Lengths:

Ladders are often used incorrectly or are unsuitable for the work being completed. Common ladder misuses include:

Securing Ladder Top



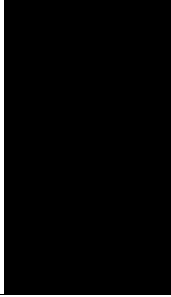


At the top of a ladder, both rails should be supported. Examples of securing the tops of ladders include ladder ties and tie ropes or straps attached from the side rails to a fixed object.

Placing

When positioning a ladder, the base must be 1m out from the structure for each 4m up. This 4-to-1 rule offers the best angle for the ladder to provide stability to the worker using it.

The University of Calgary has developed a Fall Protection Program that can be referred to for further information if a personal fall arrest system is required.

13. Definitions

<p>Combination Ladder</p>	<p>means a portable ladder that can be used either as a stepladder or a single ladder or an extension ladder.</p>	
<p>Extension Ladder</p>	<p>means a non-self-supporting portable ladder consisting of two or more sections travelling in interlocking rails, guides, or brackets to allow for length adjustment.</p>	
<p>Extension Trestle Ladder (similar to Trestle Ladder)</p>	<p>means a self-supporting portable ladder, adjustable in length, consisting of a trestle base and vertically adjustable extension section, with a means to lock the ladders together. Intended to be used in pairs to support planks or staging and the rungs are not intended to be used as steps.</p>	
<p>Fixed Ladder</p>	<p>means a ladder permanently attached to a structure, building, or equipment.</p>	
<p>Ladder Cage</p>	<p>means a guard or enclosure surrounding a fixed ladder intended to protect the worker.</p>	

Stepladder Stay	means a device to prevent the stepladder from spreading (can also be a chain or cord).	
Step Stool	means a self-supporting, fixed or foldable, portable ladder non-adjustable in length, 800mm (32") in overall size with flat steps and without a pail shelf. The ladder top cap is designed to be climbed on as well as all steps.	

Trestle Ladder (similar to Extension Trestle Ladder) means a self-supporting portable ladder, non-adjustable in length, consisting of two sections, hinged at the top to form equal angles with the base. Trestle ladders are used in pairs to support planks or staging. The rungs are not intended to be used as steps. A trestle ladder cannot be longer than 6m (20ft).

Pre-Use Inspection Checklist

15. References and Additional Resources

Alberta Occupational Health and Safety Act, Regulation and Code

<http://work.alberta.ca/occupational-health-safety/307.html>

Alberta Occupational Health and Safety Code Explanation Guide

[OHS Code Explanation Guide 2009 - Alberta Human Services - Government of Alberta](#)

University of Calgary Occupational Health and Safety Policy

<http://www.ucalgary.ca/policies/files/policies/Occupational%20Health%20and%20Safety%20Policy.pdf>

Risk Management Email

riskmgmt@ucalgary.ca

EH&S Website

www.ucalgary.ca/safety

Legislative Standards

Part 8 of the Alberta OH&S Code outlines requirements for safe ladder use. Standards that pertain to ladder use referenced in the OH&S code include:

PIP Standard STF05501 (February 2002), Fixed Ladders and Cages, published by the Construction Industry Institute.

CSA Standard CAN3-Z11-M81 (R2005), Portable Ladders.

ANSI Standard A14.1-2007, American National Standard for Ladders – Wood – Safety – Requirements.

ANSI Standard A14.2-2007, American National Standard for Ladders – Portable Metal – Safety Requirements.

ANSI Standard A14.5-2007, American National Standard for Ladders – Portable Reinforced Plastic – Safety Requirements.