Safe ladder use

Falls from ladders are one of the leading causes of injuries to construction workers in British Columbia.

- When climbing up or down, workers should
  - Always face the ladder
  - Use a three-point contact climbing method as shown at right (two hands and one foot, or one hand and two feet)
- Only one worker at a time is allowed on a single-width ladder.
- Workers must not use ladder-type material hoists for roof access unless the hoists are designed for that purpose.





Workers must not work from the top two rungs of a ladder.



Workers must not carry heavy, bulky, or hazardous materials when climbing ladders. Suitable hoisting equipment must be used for this purpose.