

GS 57 LADDERS



INTRODUCTION

Ladders should only be used to gain access or when doing simple operations. Mobile platforms or scaffolding must be used for heavy or lengthy work.

RULES FOR PORTABLE LADDERS

Select a ladder so that:

- it can be used at a slope no greater than four in one (see Figure 5).
 - it extends at least one metre above the platform to be reached
- or
- the user can stand at least one metre from the top of the ladder when in the working position. If the ladder does not comply with either condition, a mobile platform or scaffold must be used
 - the top is lashed in position—otherwise the person at the bottom must remain to secure the ladder until the job is completed.

Ensure that:

- the footing is firm and level.
- one person firmly holds the foot while the other climbs.
- Ladders are not used horizontally across trestles, etc. as a work or access platform.

STEP LADDERS

- Ensure step ladder legs are fully spread before climbing.
- When working at maximum height—feet on third step from the top—keep your feet well spaced and brace your legs against the ladder.
- Make all movements slowly and carefully
- Only one person should be on a ladder—if it is *absolutely* necessary for a second person to be on the ladder, work as follows:
 - lash the ladder in position
 - incline the ladder at a steeper angle than four to one
 - only one person should move at a time.

ERECTING LONG OR HEAVY LADDERS

- Two people must steady the ladder as it becomes vertical, and then lower it gently against the wall.
- Carefully adjust the position of the ladder until the angle is correct.

Note:

Metal ladders should not be used for electrical work where there is the possibility of the ladder making contact with live electrical parts.



Figure 1. Don't do this—**MOVE** the ladder!

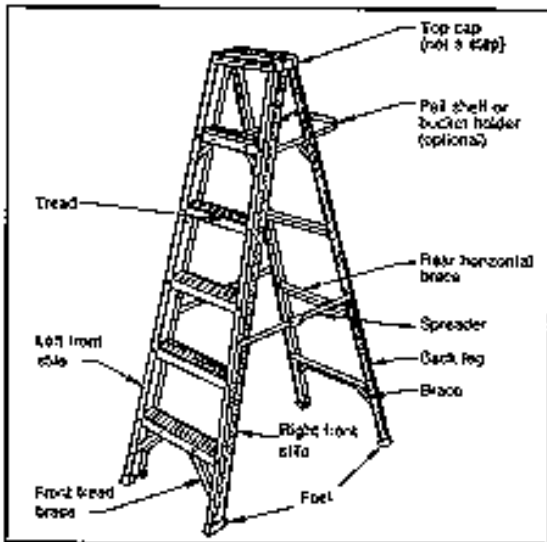


Figure 2: Typical step ladder

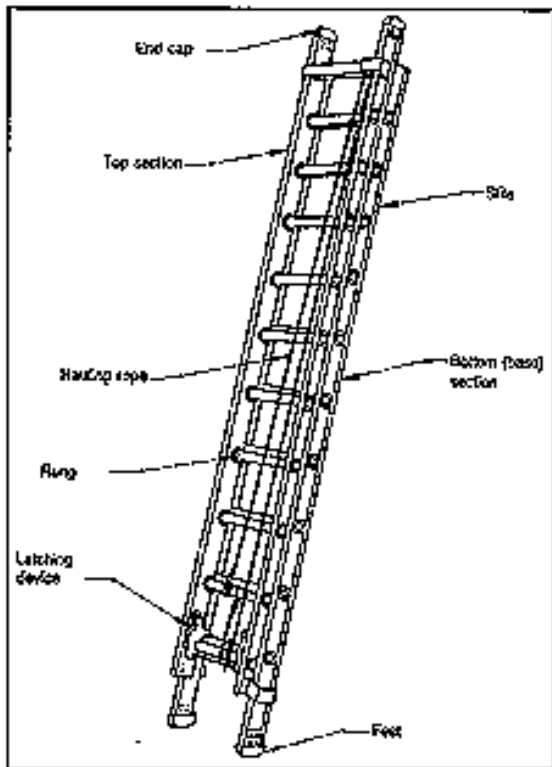


Figure 3: Typical extension ladder

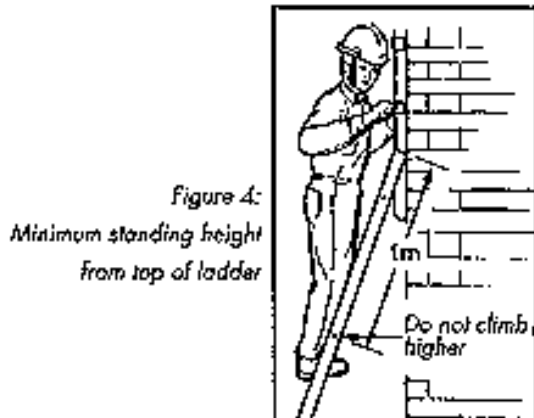


Figure 4:
Minimum standing height
from top of ladder

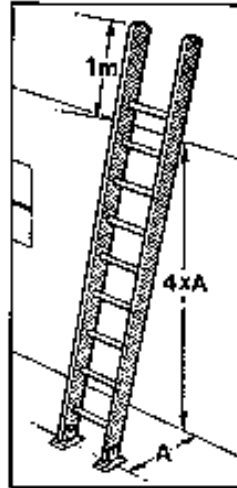


Figure 5: Correct slope

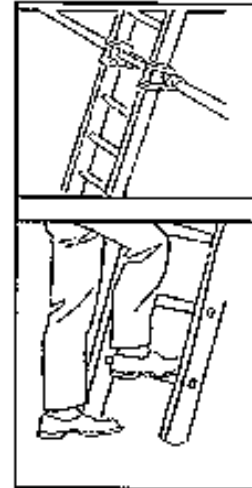


Figure 6: Lash it—or foot it

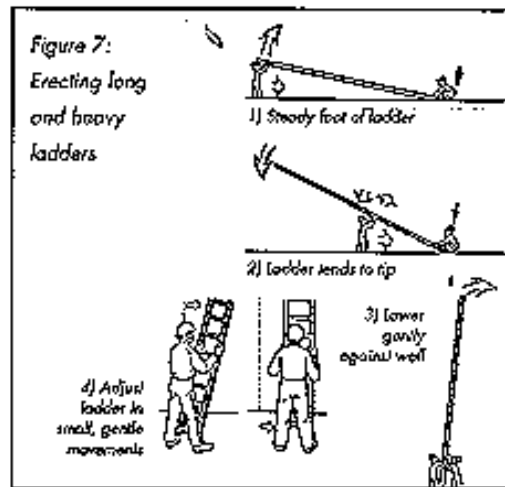


Figure 7:
Erecting long
and heavy
ladders

LADDER INSPECTION CHECKLIST		Condition OK	Needs Repair
Extension ladders			
Loose, broken or missing extension locks	<input type="checkbox"/>	<input type="checkbox"/>	
Defective locks not sealing properly when ladder is extended	<input type="checkbox"/>	<input type="checkbox"/>	
Rusted or corroded metal parts	<input type="checkbox"/>	<input type="checkbox"/>	
Worn, broken or badly deteriorated cords	<input type="checkbox"/>	<input type="checkbox"/>	
Trestles			
Loose hinges	<input type="checkbox"/>	<input type="checkbox"/>	
Wobbly	<input type="checkbox"/>	<input type="checkbox"/>	
Loose or bent hinge spreaders	<input type="checkbox"/>	<input type="checkbox"/>	
Step on hinge spreader broken	<input type="checkbox"/>	<input type="checkbox"/>	
Centre section for extension out of alignment	<input type="checkbox"/>	<input type="checkbox"/>	
Defective locks for extension	<input type="checkbox"/>	<input type="checkbox"/>	

Figure 8: Check this list **before** use

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