

Ladders

4 to 1 Rule



Proper 4 to 1 set-up outside a portable



Instability - Base of ladder positioned too far from wall. Sudden slipping can occur.

Preventing Falls From Ladders

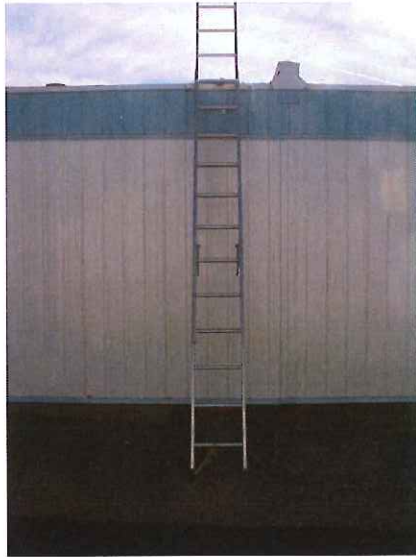
- Ensure ladder is resting against a firm structure and has 4 secure points of contact.
- Set up ladders with a 4 vertical to 1 horizontal slope.
- Extend ladders (other than a stepladder) approximately 1 m (3 feet) above a safe landing or parapet wall.
- Tie, block, or otherwise secure the ladder to prevent it from slipping.
- Protect ladders used in locations such as doorways or passageways from being bumped or knocked over.
- If required due to location or length, secure the ladder at the bottom and mid-point.
- Only short duration work can be performed from a position on the ladder without utilizing fall protection systems. Note: 3-point contact must be maintained at all times.
- Use a fall protection system where a fall of 3 meters (10 feet) or more may occur or a fall from less than 3 meters involves an unusual risk of injury.
- Only one worker at a time is allowed on a single width ladder.
- Do not carry heavy objects while climbing up or down a ladder – use lifting equipment, ropes & pulleys, etc.
- Do not use ladders for support, scaffold planking or any horizontal load-bearing support, except ladder jack applications.
- Do not use ladder-type material hoists for roof access unless it is designed for that purpose.

Climbing and performing short duration work from ladders

- Always face the ladder.
- Never work or reach outside the railings of the ladder.
- Always keep 3-point contact with the ladder (two legs and one arm).
- Do not carry objects while climbing up or down the ladder.

Ladder Tie-Offs:

- **Tie-off with at least 3 rungs above roof line.**
- **Tie back base of ladder to structure if on unstable ground.**
- **Use proper eye-bolts whenever possible.**
- **Use rope to tie off left and right. Do not use bungee cords (tripping hazard).**



Ladder tied-off with rungs well above roof



Best Practice Note: Tie-offs with separate nylon ropes to eyebolts left & right.