

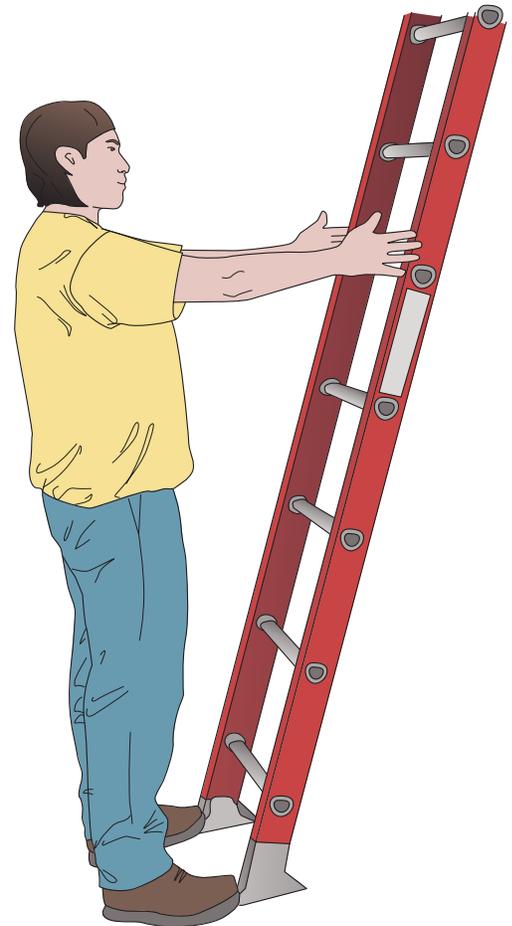


Set-up requirements

A ladder that is set up incorrectly puts you and other workers at risk of serious injury. Make sure that you meet all the following key requirements when you set up your ladder.

Straight or extension ladders

- Place the base of your ladder on a firm and level surface
 - Make sure that both feet are on the ground.
 - Use leg levellers on uneven surfaces.
 - On wet or unstable ground, brace the base to keep it in place, such as by nailing a two-by-four to the ground.
 - Do not place a ladder on unstable surfaces such as boxes or pallets.
- Set up your ladder at the required angle
 - Use the 4-to-1 Rule: For every 4 feet (1.2 metres) up, place the base of your ladder 1 foot (0.3 metres) from the wall or upper support that it rests against.
- Position and secure your ladder for safe access
 - If you will be getting off the top of your ladder to access your work area, your ladder's side rails must extend at least 1 metre (3 feet) above the level or upper landing you are accessing. Tie off your ladder's side rails at the top.
- Place the top of your ladder against a stable surface
 - Make sure both side rails are equally supported, unless your ladder is equipped with a single-support attachment.



Checking that your ladder is at the 4-to-1 angle

Stand with your toes at your ladder's base and extend your arms straight out. If your fingertips touch the rung nearest to your shoulder level, your ladder should be at the 4-to-1 angle.

Always follow the instructions on your ladder's manufacturer's label.

For more information, see WorkSafeBC's Ladder Safety Series on WorkSafeBC.com.