



LADDER SAFETY CHECKLIST

Ladders can be hazardous if they are not maintained and used correctly. For details on the requirements related to portable ladders in the workplace, please refer to the laws and regulations in your state or territory:

<https://www.safeworkaustralia.gov.au/law-and-regulation#whs-laws-in-your-jurisdiction1>

Your employer should make sure that ladders are properly stored and inspected regularly and only used for light work of short duration or for access.

Ladders should NEVER be used by untrained staff, volunteers, students or contractors where a person can fall two (2) metres or more.



LADDER PRE-START CHECKLIST	YES	NO	COMMENTS
No damaged, loose or missing parts	<input type="checkbox"/>	<input type="checkbox"/>	
Secured against movement and supported from a firm, level, non-slip surface	<input type="checkbox"/>	<input type="checkbox"/>	
Projected at least 1 metre above the landing place	<input type="checkbox"/>	<input type="checkbox"/>	
Placed at a slope that is no steeper than 4 units of height to 1 unit horizontally	<input type="checkbox"/>	<input type="checkbox"/>	
Rated for industrial use, not domestic use	<input type="checkbox"/>	<input type="checkbox"/>	

LADDER **USE** CHECKLIST

- Always have two hands free to climb up and down (three points of contact)
- Materials or tools (other than those held on a worker's belt) should be transferred to the work area separately
- Always face the ladder while climbing up, down or working
- Never place feet higher than 900mm from the top of the ladder
- Never over-reach from a ladder
- Never work from a ladder above another person
- Never have more than one person on a ladder at any one time
- Do not use a ladder in an access way or where it may be hit by a door
- Do not undertake work requiring restricted vision, welding or metal cutting from a ladder
- Use a non-metallic ladder where there are electrical hazards

ACCESS THE CHECKLIST ONLINE

