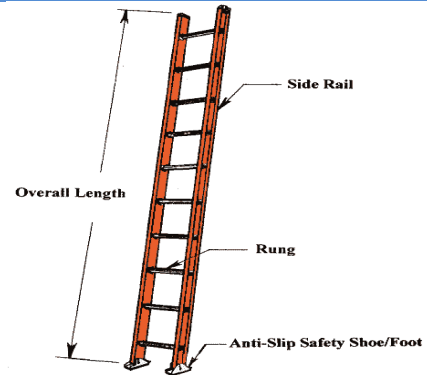


DEFINITION OF LADDER

Ladder is an appliance or piece of equipment usually consist of two (2) **side rails** joined together at regular intervals with cross pieces called steps or **rungs** and used in ascending or descending between two (2) points at different levels.



COMMON TYPE OF LADDER



Step Ladder



Single or Extension Ladder

POTENTIAL HAZARD



Fall from scaffold



Collapse cause by instability or overloading



Electrocution from overhead power lines



Falling objects

PERSONAL PROTECTIVE EQUIPEMENT (PPE)



Safety Helmet



Safety Shoe



Safety Cones

SUITABILITY TO USE LADDER

1. If ladder is used, the users should consider the;



Do not have prolonged static working posture, in one position for a maximum of 30 minutes.

For light work, they are not suitable for strenuous or heavy work (when carry load > 10kg)

Where three points of contact with the ladder should be maintained at all times.

For outdoor ladder activities, the weather should be clear.

2. Ladder should have a load rating of at least 120 kg and approved by SIRIM.

SAFETY INSPECTION OF A LADDER

A pre-use inspection should be carried out:

1. **Check the side rails** – make sure they are not bent or damaged, as the ladder could buckle or collapse.
2. **Check the feet** – if they are missing, worn or damaged the ladder could slip. Also check ladder feet when moving from soft/dirty ground (eg: dug soil, loose sand/ stone, a dirty workshop) to a smooth, solid surface (eg: paving slabs), to make sure the foot material and not the dirt (eg: soil, chippings or embedded stones) is making contact with the ground.
3. **Check the rungs** – if they are bent, worn, missing or loose the ladder could fail.
4. **Check any locking mechanisms** – if they are bent or the fixings are worn or damaged the ladder could collapse. Ensure locking bars are engaged.
5. **Check the stepladder platform** – if it is split or buckled the ladder could become unstable or collapse.
6. **Check the steps or treads on stepladders** – if they are contaminated they could be slippery; if the fixings are loose on steps, they could collapse.

LADDER DOs & DON'Ts



Properly set-up and use the ladder in accordance with safety instructions and warnings. Wear shoes with non-slip soles.



Implement Buddy System. Have another person hold the ladder while you are working on it.



DON'T stand above the second step from the top of a stepladder or the fourth rung from the top of an extension ladder.



DON'T climb a ladder if you are not physically and mentally up to the task.



Haul materials with a line rather than carry them up an extension ladder or use tool belt when carrying anything on a ladder.



The ratio of the height to the base for a correctly positioned ladder is 4:1. Secure the ladder by tying it up to the structure.



DON'T climb a closed ladder, it may slip out from under you.



DON'T over-reach, lean to one side or try to move a ladder while somebody is on it. Climb down and then reposition the ladder closer to your work.



Three points of contact with the ladder should be maintained at all times.



Move materials with extreme caution. Be careful pushing or pulling anything while on a ladder. You may lose your balance or tip the ladder.



DON'T exceed the maximum load capacity or duty rating of a ladder. DON'T permit more than one person on a single-sided stepladder or an extension ladder.



Tools and materials should not be carried by hand and should be in a tool belt or side pouch

LADDER STORAGE AND MAINTENANCE

1. Store ladder where they are protected from adverse weather.
2. Keep ladder clean and free of foreign materials.
3. Ensure that storage areas are easy to reach.
4. Tie ladder to each support point to reduce damage.
5. Tag and remove from service a defective ladder for repair by a person authorized by the manufacturer or replace it.

NON-COMPLIANCE

Notice of Prohibitions(NOP) or Stop Work Order can be issued by UMP's Officer if their found any high-risk job and danger to life.