

# Ladder Safety – Landscaping Infographic

## Ladder safety

### Inspect the ladder before each use

Fall protection is required when working above 3 metres

Always face the ladder when climbing up or down and while working

Maintain 3-point contact when climbing up or down

Have two hands and one foot, or two feet and one hand on the ladder at all times

### Set-up and placement

- Set the ladder on a firm, level surface
- Secure the base and top so they do not move
- Clear the area around the base and remove unstable material and debris
- Do not use aluminum ladders near live electrical equipment or wires
- Make sure that the surface and ladder feet are clean. Dust, sand or dirt can cause ladder feet to slide
- Barricade the immediate area with high visibility or barrier tape if the ladder will be used for a period of time

### Working from a ladder

- Keep boots clean of mud, grease, or any loose or slippery material
- Keep your centre of gravity between the side rails
- Use a hoist rope or tool belt to carry tools or materials when climbing
- Stand no higher than the third or fourth rung from the top
- Maintain knee contact for balance, along with a minimum 3-point contact
- DO NOT walk, bounce, hop or jump a ladder
- Climb down and reposition the ladder

If a ladder must be used to do the job, training in safe use is essential

**Employers** need to ensure that  
Ladders are **CSA-approved**  
Damaged ladders are **removed from service, repaired or disposed of**  
Ladders are **suitable for the job**  
Workers are **trained on what ladder to use when, and how to use them safely**

**CCOHS.ca**  
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>