



## Step Ladders

The step ladder, a.k.a., A-frame ladder, is amongst the most common tool an electrician will use on a daily basis. All ladders must be in good condition, inspected and set up properly before use. *NEL has variations of the step ladder in varying heights, most notably;*

- ✓ Ladders are either wood or fiberglass
- ✓ They appear on NEL sites in heights ranging between 4' to 16' (taller ladders requiring a workers feet to be placed at 10' or more from the ground may required fall protection.
- ✓ Ladders are Grade 1 “Construction Grade”

WorkSafeBC and General Contractors are targeting incorrect ladder usage. The most common non-compliance and inherently unsafe issues with NEL workers using step ladders include;

- Ladder set up improperly
- Worker not maintaining 3 points of contact
- Ladder on scaffolding or scissor lift
- Using a damaged ladder / failure to inspect
- Setting up ladder near doorway or traffic
- Carrying too much material up a ladder
- Worker on the top cap or top two rungs
- Using the ladder folded against a wall
- Leaning or reaching too far off a ladder
- Spreader arms not locked
- Facing away from the rungs while working
- Working on a ladder exceeds 15 minutes



Never stand on the top cap or top two rungs of a step ladder. To do so is unsafe and can lead to a fall, injury or even death. Use the correct ladder height or work platform instead.



Never use as step ladder folded and leaning against a surface. If the ladder cannot be set up with the spreaders fully locked, it cannot be used for the job. Use a work platform instead.



**3 Points of Contact** - Maintaining 3 points of contact is imperative on a step ladder, both for ascending and descending and when working from the ladder. 3 points of contact includes;

- 2 feet and 1 hand
- 2 hands and 1 foot
- 2 hands and 2 feet

**OR >>>** For typical electrical work, e.g., overhead tasks, fixtures, drilling, running wires etc., *both* feet on the third rung from top *and* thighs leaning against the ladder is ideal. The top cap should be at waist height with the body centred. This allows free movement of the hands while maintaining 3 points of contact. Step ladders are intended for performing work of a temporary nature, generally < 15 minutes, work of a longer duration will require an aerial lift or work platform.