OCCUPATIONAL SAFETY · TEMPORARY WORK AT HEIGHT

VITS

Stepladder

You can fall from the top step or when reaching out to the side. **A worker fitting a projector fell 5 m when the ladder mechanism broke. They were off work for six months.**

Possible consequences

- Serious injury or death
- Head injury
- Fracture
- Arm and leg injuries
- Time off work

LADDER TOO SHORT

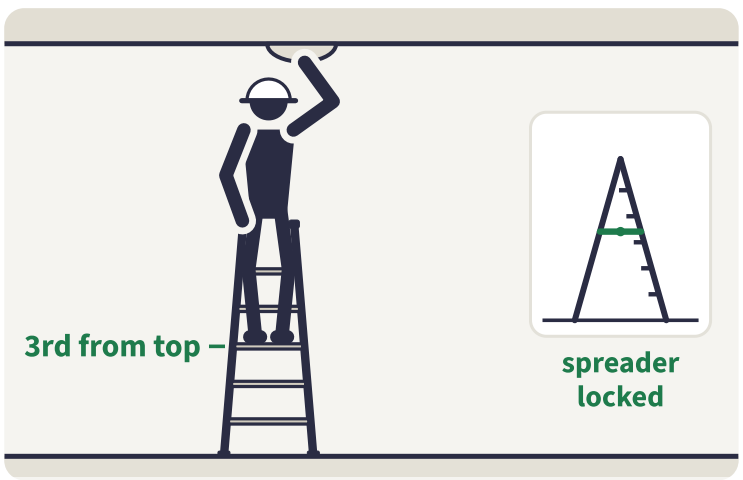
At the top



- Worker stands on the top step
- Nothing to hold on to
- Can fall off the ladder

LADDER TALL ENOUGH

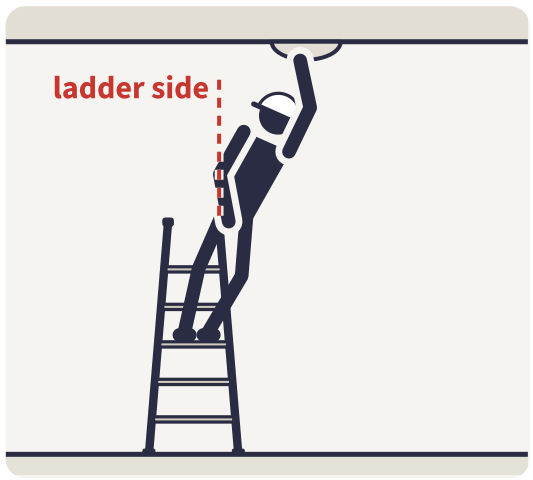
3rd from top



- Worker on 3rd step from the top
- Spreader is locked
- Holds on with the other hand

WORK TO ONE SIDE

Reaching



- Work is beside the ladder
- Body leans out to the side
- Can lose their balance

A ladder is meant for short, light work. Do not stand higher than the third step from the top.

DO

- **Choose a tall enough ladder.**
- **Open the ladder fully and lock the spreaders.**
- **Stand on the third step from the top or lower.**
- **Keep your body between the stiles.**
- **Use one hand to work and one to hold on.**
- **Move the ladder if the work is to one side.**
- **Place the ladder on a firm, level surface.**
- **Wear a helmet and non-slip footwear.**

DON'T

- **Don't put a ladder in front of an unlocked door**
  An opening door can hit the ladder.
- **Don't overreach sideways**
  Your weight shifts sideways and you may fall.
- **Don't lean a stepladder against a wall**
  If it isn't designed for it, it can break.
- **Don't carry heavy items or two-handed tools up a ladder**
  Then you can't hold on to the ladder.
- **Don't put two people on a ladder**
  The ladder becomes unstable.
- **Don't use a damaged ladder**
  It can break under you.
- **Don't step off from higher than the bottom step**
  You could lose your balance and fall.

REMEMBER

Right ladder. Right step. Body centred.

vits.ee