OCCUPATIONAL SAFETY · LADDERS

VITS

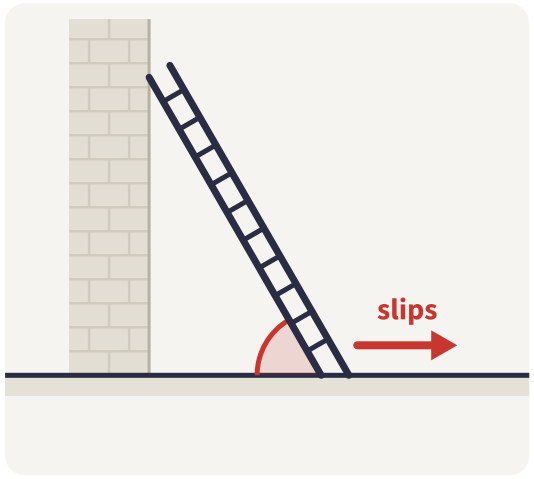
Wrong ladder angle

A ladder set at too shallow or too steep an angle can slip or tip over. **A ladder slid on the floor and a worker fell just 1 m onto concrete. They suffered a serious head injury.**

Possible consequences

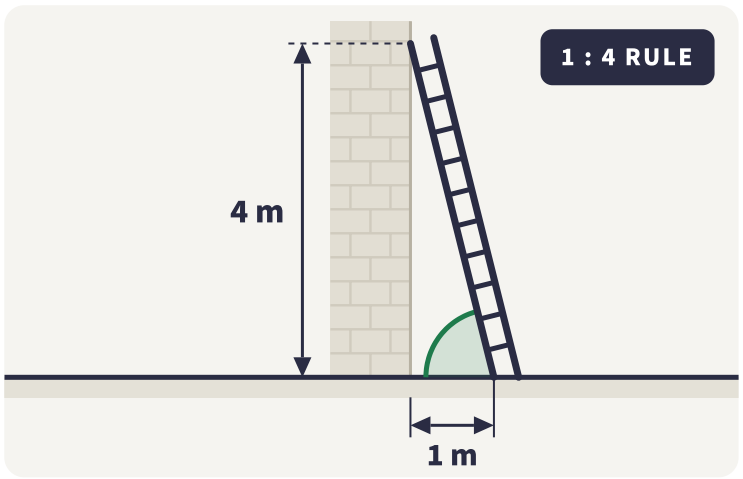
- Serious injury or death
- Head injury
- Fracture
- Spinal injury
- Time off work
- Downtime

TOO SHALLOW
below 65°



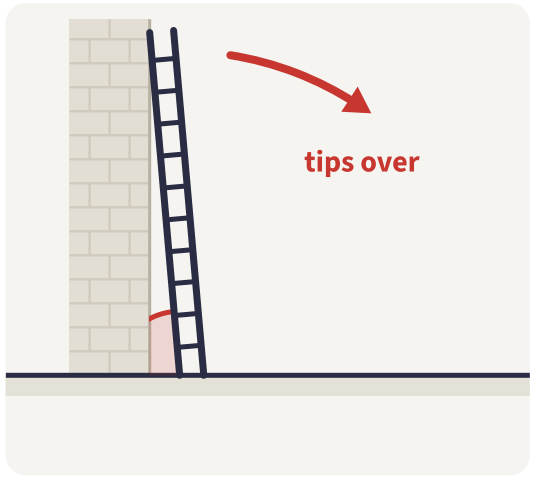
- Foot is too far from the wall
- Base can slide out
- High fall risk

CORRECT ANGLE
≈ 75°



- 1 m out from the wall for every 4 m of height
- Ladder stays stable
- Good balance and support

TOO STEEP
over 75°



- Foot is too close to the wall
- Can tip over backwards
- Unstable and dangerous

The permitted angle for a rung ladder leaning against a wall is 65–75°.

DO

- Follow the 1 : 4 rule (≈ 75°).
- Place the ladder on a firm, level surface.
- Check the ladder is secure at top and bottom.
- Always check the ladder before use.
- Keep three-point contact: two feet, one hand.
- Choose the right ladder for the job.
- Follow the manufacturer’s instructions.
- Clear hazards and obstacles around the ladder.

DON’T

- **Don’t set the ladder too shallow or too steep**
  It can slip or tip over.
- **Don’t place the ladder on uneven or soft ground**
  The feet can sink or slip.
- **Don’t use a damaged ladder**
  It can break under load.
- **Don’t overreach sideways from the ladder**
  Your weight shifts and the ladder can tip sideways.
- **Don’t put a ladder by a door or in traffic areas**
  A door or vehicle can knock it over.
- **Don’t let untrained workers use a ladder**
  They may not see the hazards.
- **Don’t make exceptions for short jobs**
  A fall takes only a moment.

REMEMBER

Proper angle. Firm ladder. Safe day.

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