1. SAFE WORK PRACTICES - USING A PLATFORM LADDER

The use of any ladder has the potential to cause serious fall related injuries.

- Cuts, abrasions
- Broken bones, bruising
- Head injuries

Platform ladders can be a safer alternative to conventional ladders because they provide a more stable, enclosed work area that can reduce the risk of falling when used properly in a controlled work environment.

1.1 Before commencing work check that:

- The use of a platform ladder is the safest way to complete the job. Remember it is always safer to eliminate the risk whenever practical.
- What are the risks, look for powerlines, uneven ground, open doorways, pedestrian traffic, vehicular traffic, poor house keeping
- The platform ladder must be rated 120kg or greater.
- The ladder is free from dirt, oil, and grease. Pay particular attention to the ladder treads.
- The ladder is in good mechanical condition and has a safety bar or chain fitted across the platform.

1.2 Wear appropriate PPE

- Steel capped safety boots, gloves, long sleeves and trousers. Plus, any further site-specific requirements.

1.3 Using the platform ladder

- Clear the work area of all trips and hazards
- Check boots for mud, oil, or grease that might increase the risk of a slip, and clean as required.
- Ensure the ladder is positioned in a firm, stable location, and that the spreaders are fully extended.
- Only one person on the ladder at any one time
- Three points of contact when climbing up and down from the platform
- When on the platform, make sure the safety bar / chain is in place, if fitted.
- You must be facing the ladder when ascending and descending
- Stand in the centre of the platform
- Keep your body weight centred.
- Do not work off the rungs
- Take regular rest breaks

1.4 Safe handling of your platform Ladder

- Never drop or jar a ladder
- Use safe lifting techniques to move or handle ladder
- Be aware of your hands position when folding the ladder to avoid entrapment

1.5 Maintenance

Never use a platform ladder that is faulty, damaged, or not suitable for purpose

- Check the ladder regularly for damage
- Ensure the ladder is clean

Remember if you are unsure, ask for advice