

## **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](#)