

NSW FACT SHEET – PORTABLE LADDERS



1. LADDER SAFETY

Most ladder injuries are the result of incorrect or inappropriate use. Workers within the construction, retail and building maintenance industry are most affected, however any worker using a ladder is at risk.

Only use ladders for simple access jobs, or for a short duration. If using a ladder is the only option, ensure the ladder is:

- Rated for industrial use and has a maximum load rating of 120kg;
- Inspected before use for damage;
- Set up on a flat stable surface;
- Locked in the open position if using an A-frame; and
- Secured at the top and bottom if using an extension ladder and angled at a ratio of 1:4 (base of the ladder is to be 1m away from the structure for every 4m of height).

2. BEHAVIOUR WHEN USING A LADDER

The following precautions can help avoid injury when using a ladder:

- Only use a ladder if you are physically capable of doing so;
- Always maintain 3 points of contact with the ladder, e.g. 2 feet and 1 hand on the ladder at all times;
- Never lean or reach away from the ladder while using it;

- Only take small items up or down a ladder – never large or heavy items;
- Ensure the combined weight of the person using the ladder and the items or tools does not exceed the maximum load rating;
- Do not climb or work above the second-last rung of a ladder;
- Never straddle the top of an A-frame ladder; and
- When climbing down, remain facing the ladder and climb to the bottom rung before stepping off.

3. INFORMATION SOURCES

- Part 4.4 of the *WHS Reg 2017*, visit www.legislation.nsw.gov.au
- *Managing the Risk of Falls at Workplaces, Code of Practice 2019*, visit www.safework.nsw.gov.au
- Email us: info@propertyrisk.com.au