

# HIGH MARK WELL SERVICING LTD.

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NEWSLETTER

## STAY SAFE BULLETIN LADDER SAFETY

### The Issue

Ladder falls resulting in WCB claims occur regularly, and in BC alone there were almost 10,000 ladder injury claims during a ten year period, from 2001-2010. Half of these claims were “serious”. Studies have shown that over 40% of all ladder injuries occur at home.

### Context

Ladder injuries are typically serious and include fatalities. If your workplace requires the use of ladders, even occasionally, then the normal standard of care that most OH&S legislation requires workers and employers must be in place.

Ladder types include portable and fixed ladders. Portable ladders may be manufactured or constructed. Fixed ladders are permanent and attached structures, buildings or equipment. Fixed ladders are subject to standard design criteria.

### How Ladders and Ladder Work are Encountered at the Workplace

Since ladder use may be hazardous, even infrequent or occasional use by employees or contractors should be treated seriously. Changing lighting, accessing rooftop services, painting, moving acoustic tiles and servicing overhead doors are some examples of ladder work which many businesses practice.

The legislation governing portable ladder use is usually very specific. This is due, in part, to the potential serious injury hazards of using portable ladders. *You should consult the applicable ladder legislation for your jurisdiction.* You must conduct hazard assessments, train workers in the safe use of ladders, inspect ladders and ladder use, maintain ladders and understand the grade and type of ladder which you require. If you require your employees or contractors to climb ladders you must be education and follow the applicable OH&S regulations.

### Ladders – Work at Heights

In Alberta, fall protection is normally required if a worker can fall 3 meters or more, or the work presents an unusual risk of injury beyond a fall onto level ground. In some jurisdictions light duty work of a short nature (15min) may be permitted without fall protection if an anchor is not available. The worker must keep their center of gravity (belly button) between the side rails of the ladder and maintain 3 points of contact. *Fall protection must be considered if work is being performed from a ladder.* Alternatives such as scaffolding or aerial platforms should be considered for work at heights.

## FAMILY TREES

A little girl asked her Dad, “How did the human race appear?”

The Dad answered, “God made Adam and Eve and they had children, And so mankind was made.”

Two days later the girl asked her Mother the same question.

The Mother answered, “Many years ago there were monkeys from which the human race evolved.”

The confused girl returned to her Father and said, “Dad, how is it possible that you told me the human race was created by God, and Mom said they developed from monkeys?”

The Father answered, “Well, Dear, it’s very simple. I told you about my side of the Family and your Mother told you about hers.”



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