



APPENDIX A: LADDER INSPECTION

General Ladder Inspection

1. Missing or loose steps or rungs (they are loose if you can move them by hand).
2. Damaged or worn non-slip feet.
3. Loose nails, screws, bolts, or nuts.
4. Loose or faulty spreaders, locks, and other metal parts in poor repair.
5. Rot, decay, or warped rails in wooden ladders. (***wooden ladders must be in compliance with the Occupational Health and Safety Act and Regulations 213/91 s81-82***)
6. Cracks and exposed fibreglass in fibreglass ladders.
7. Cracked, split, worn or broken rails, braces, steps, or rungs.
8. Sharp edges on rails and rungs.
9. Rough or splintered surfaces.
10. Corrosion, rust, oxidization, and excessive wear, especially on treads.
11. Twisted or distorted rails. Check ladders for distortion by sighting along the rails. Using a twisted or bowed ladder is hazardous.
12. Missing identification labels.

Step Ladder Inspection

1. All items listed in "***General Ladder Inspection***".
2. Wobble.
3. Loose or bent hinges and hinge spreaders.
4. Broken stop on a hinge spreader.

Extension Ladder Inspection

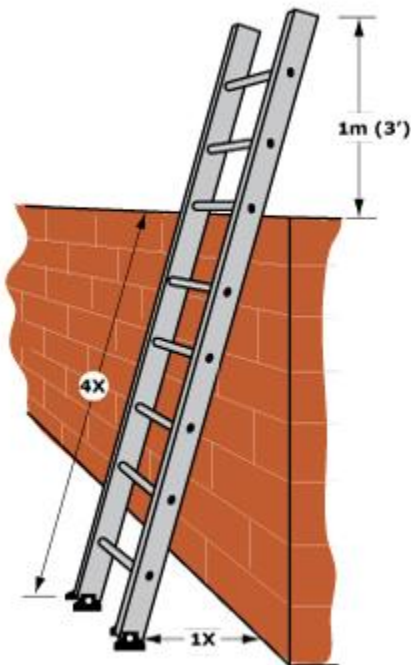
1. All items listed in "***General Ladder Inspection***".
2. Defective locks that do not sea properly when ladder is extended.
3. Sufficient lubrication of working parts.



4. Defective cords, chains, and ropes.
5. Missing or defective pads or sleeves.
6. Loose, broken, or missing extension locks.

How should you set up the ladder?

- Make sure to set up the ladder at the required angle, using the 4-to-1 Rule: For every 4 feet (1.2 metres) up, place the base of your ladder 1 foot (0.3 metres) from the wall or upper support it rests against. This placement will set up the ladder with a pitch of 75 degrees, creating the ideal angle for climber balance, ladder strength, and helps prevent the ladder from slipping.
- Make sure always to follow the instructions provided by the manufacturer.



- Extend the ladder at least 1 m (3 ft) above the landing platform or the point of support.
- Place the ladder on a firm, level footing. Use a ladder with slip-resistant feet or secure blocking. Brace or tie the bottom of the ladder.
- Rest both side rails on the top support and secure the ladder to prevent slipping.