

# Ladder safety tips

## Make sure your ladder is safe and right for the job

- Make sure that the ladder you choose is right for the task.
- Look for a Standards-approved ladder (Australian Standard AS/NZS 1892).
- Read the manufacturer's advice and follow safety warnings.
- Check that your ladder is in good working order (for example, ensure it is free of rust, has non-slip safety feet, and that safety locks and braces are in place).
- Make sure the ladder is rated for the weight you need it to carry – your weight, the weight of tools and supplies, and any objects placed on the ladder).

## Work in the right conditions

- Work up a ladder in suitable weather conditions (for example, a hot day may cause you to get dizzy and lose balance, a wet day may cause you or the ladder to slip, high winds could cause the ladder to fall).
- Make sure your ladder is not placed in front of outward-opening doors or windows.

## Take the time to set up your ladder safely

- Place the ladder on dry, firm and level ground.
- Always ensure the ladder is locked firmly into place before use.
- Make sure the ladder is the right height for the job.
- If you're working on an extension ladder, ensure it reaches about one metre above the surface it rests against and secure it at the top.

## Work safely up the ladder

- Wear non-slip footwear.
- Only climb as far as the second step from the top of a step ladder or the third step/rung from the top of an extension ladder
- Work within your arm's reach and avoid leaning out – it is much safer to get down and readjust the ladder.
- Maintain three points of contact at all times while on the ladder. Use two hands when climbing. When using a tool, make sure both feet and your other hand are secure on the ladder.

## Know your limits

- Work within your limits and make sure another person is at home while you are working with a ladder, in case you need help.
- Have another person around to hold the ladder to prevent it from slipping.
- If you are affected by medication, have a medical condition that could affect your strength or balance, or if you just don't feel well, leave the task for another day or ask someone to help.
- If you are 65 years or older (or 50 years or older and of Aboriginal descent) and you need assistance with basic maintenance around your home, contact My Aged Care by calling 1800 200 422 or visiting [My Aged Care](#).