

Types of Ladders used in Construction



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Ladders used by construction and trade workers must be more robust than those used in the home. All ladders should comply with the relevant New Zealand standard and should be labelled accordingly.

Select the most suitable type of ladder for the work to be carried out.

- Single Pole Ladders (maximum length 9 metres)
- Extension Ladders (maximum length 15 metres)
- Step Ladders (maximum height 6.1 metres)
- Dual Purpose Ladders (stepladder hinged to provide an extension)
- Platform (podium) Ladders

Safe Use of Ladders

- Check if the ladder is the safest and most suitable for the job
- A ladder is designed to support one person only
- Ladders should be used for access only
- Inspect the ladder to ensure that there is no damage or obvious defects such as cracks, missing pieces, bent stiles or rungs, worn rubber feet
- Use only step ladders with lockable spreader bars (stays) on both sides connected to the front and rear stiles
- Step ladders should be set up on firm level ground. Sole plates will be needed on soft ground
- Never use the top three rungs of a single pole or extension ladder, and always face the step ladder when standing on it
- Dual purpose step ladders must be securely latched by a locking bar or secure catch when extended
- Position the ladder as close as possible to the work. Do not reach out, move the ladder instead
- Restrain or secure the ladder both at the top and the bottom to prevent it slipping
- Where a ladder is used to gain access to a working platform ensure that it extends 1 metre above the working platform.
- Ladders should be set up at an angle of 1 horizontal (out) to 4 vertical (up)
- Do not carry tools and materials when climbing a ladder, maintain at least 3 points of contact with the ladder at all times.

For more information on:

Legislation - Health and Safety in Employment Act 1992
Health and Safety in Employment Regulations 1995

www.osh.dol.gov.nz

Guidelines – OSH Guidelines for the Prevention of Falls
OSH Guidelines for the Provision of Facilities and General Safety in the Construction
Industry
OSH Construction Bulletin No 16 Stepladder Safety Jan 2001
OSH Construction Bulletin No 3 Safe Ladder Use Oct 1998

www.osh.dol.gov.nz

Any repairs to a ladder should be carried out using the same materials and to the original manufacturer's design specification or preferably done by the manufacturer or a representative

Standard: ASNZS 1892 - Portable Ladders

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