



TYPES OF LADDERS USED IN CONSTRUCTION

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. Specific sites may have rules in place about the use of ladders, check with the site management first.

Choosing the Right Ladder for the Job

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

Rules and Regulations

For more information refer to:

- Health and Safety at Work Act 2015
- Standard: ASNZS 1892 - Portable Ladders
- Standards New Zealand, www.standards.co.nz

Safe Use of Ladders

- 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.
- 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.