

Hazard Summary Falls from Ladder

While renovating an older building, two workers were putting drywall on a ceiling, working from stepladders. They stopped for a break. One worker came down to chat with other co-workers. The other worker, a carpenter for four years, decided to stay on his ladder, and moved to sit on the top rung.

While attempting to sit on the rung, the worker's ladder twisted and moved suddenly, causing him to fall 4 feet to the concrete floor below. The worker landed on his back and sustained a severe blow to both his upper and lower back.

As a result, the WSCC accepted a claim for medical treatment and compensation for time lost from work.

Safe Work Practices:

- Secure ladders at the top with tag lines, or have another worker hold the ladder so it doesn't move;
- Always face the ladder when climbing up and down and while working from it;
- Maintain 3-point contact when climbing up or down ladders. This means two hands and one foot, or two feet and one hand, on the ladder at all times;
- Keep your centre of gravity between the side rails. Your belt buckle should never go past the side rails;
- Do not stand, sit or work from the top platform or top step of a ladder.

The WSCC is committed to safety. For more information on workplace health and safety, call us toll-free or visit our website.

