

NTPC Health & Safety Alert

Ladder Safety



Background

An NTPC employee suffered minor injuries after falling from a portable ladder. While the employee was climbing the ladder the ladder slid sideways causing the employee to fall 1.5 meters to the ground.

Practical Guidance

Remember to observe the following procedure when using ladders:

1. Always check ladders for defects before use
2. Place the ladder on firm, level footing and whenever possible secure the base and top of the ladder against accidental movement
3. The distance from the base of the ladder to the base of the wall must be between one third ($1/3$) and one quarter ($1/4$) the length of the ladder (foot to contact point)
4. Keep your center of gravity between the sides of the ladder at all times
5. Never carry objects while ascending/descending a ladder; hoist materials or attach tools to a belt
6. Always have three points of contact while climbing a ladder (two feet and one hand, or two hands and one foot)
7. Fall arrest/restraint systems are required when working at heights greater than 3 meters

Remember, ladders are not work platforms. They should be used primarily as a means of access.

