



Ladder Risk Assessment Checklist

Job Location _____ Name _____ Date _____

Equipment:	Yes	No	N/A
Can scaffold or other equipment be used in the application			
Is the ladder suitable (type and grade etc.)			
Is the ladder in good repair			
Can it be secured top and bottom (extension ladder)			
Will the ladder extend 3 rungs above the top contact point			
Can it be positioned so the worker works without overreaching			
Is there no danger of electrical contact			
Is the work zone secure from possible impact from equipment etc.			
Is there a firm level surface to set up the ladder			
Will accessories be required such as stabilizers			

Worker:	Yes	No	N/A
Is the worker properly trained			
The tasks do not put sudden and undo force on the ladder (e.g. using hammer drills, pulling cable or rope etc.)			
Must maintain 3 point contact while climbing or descending			
Faces the ladder when climbing or working			
Does not over reach sideways or below the knees or backwards to receive materials or tools or place materials			
Always stands with both feet on the ladder			
Works keeping his/her centre of gravity between the side rails			
Can attain 3 point contact when required, while working			
Wears fall protection equipment when working over 3 metres			
Has reviewed company policy on ladder use			

Supervisor:	Yes	No	N/A
Has communicated the rules and regulations to the worker			
Has mitigated all risks associated with use of the ladder			
Has inspected the equipment weekly			
Has ensured proper training was provided to the workers			
Has ensured all proper procedures are being followed			
Has taken every precaution reasonable to protect the workers			
Has documented all of the above			