

ACTIVITIES: Ladders

Purpose

To ensure ladders are used in a safe manner to minimise the risk of injury to the worker.

Hazard Analysis

HAZARDS

- Muscle and/or ligament strain, hernia, Back pain, injury

- Fall from height

RISK CONTROL MEASURES

CORRECT LIFTING TECHNIQUE

Do not lift loads you think are too heavy.

ENVIRONMENT

Organise the work area to reduce the amount of ladder use required, i.e. use of scaffolding or work platform considered first.

WARM UP/DOWN TECHNIQUE

Warm up and cool down muscles before and after using a ladder for an extended period with a 5-min walk and gentle stretches.

ADMINISTRATIVE

Follow standard operating procedure.

Ensure appropriate number of staff are trained in First Aid.

CORRECT LADDER USE

Avoid overreaching or stretching.

Set up on a stable and solid surface.

Place ladder at a slope of 4:1 (base 1m away for every 4m of working ladder height).

3 points of contact at all times.

ENVIRONMENT

Organise the work area to reduce the amount of ladder use required, i.e. use of scaffolding or work platform.

WARM UP/DOWN TECHNIQUE

Warm up and cool down muscles before and after using a ladder for an extended period with a 5-min walk and gentle stretches.

ADMINISTRATIVE

Follow standard operating procedure.

Ensure appropriate number of staff are trained in First Aid.

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Wear this PPE before working on a ladder



Hi-vis clothing

Work boots

Certificates, licences or training required

- Induction by Farm Manager (includes standard operation procedures and demonstration)

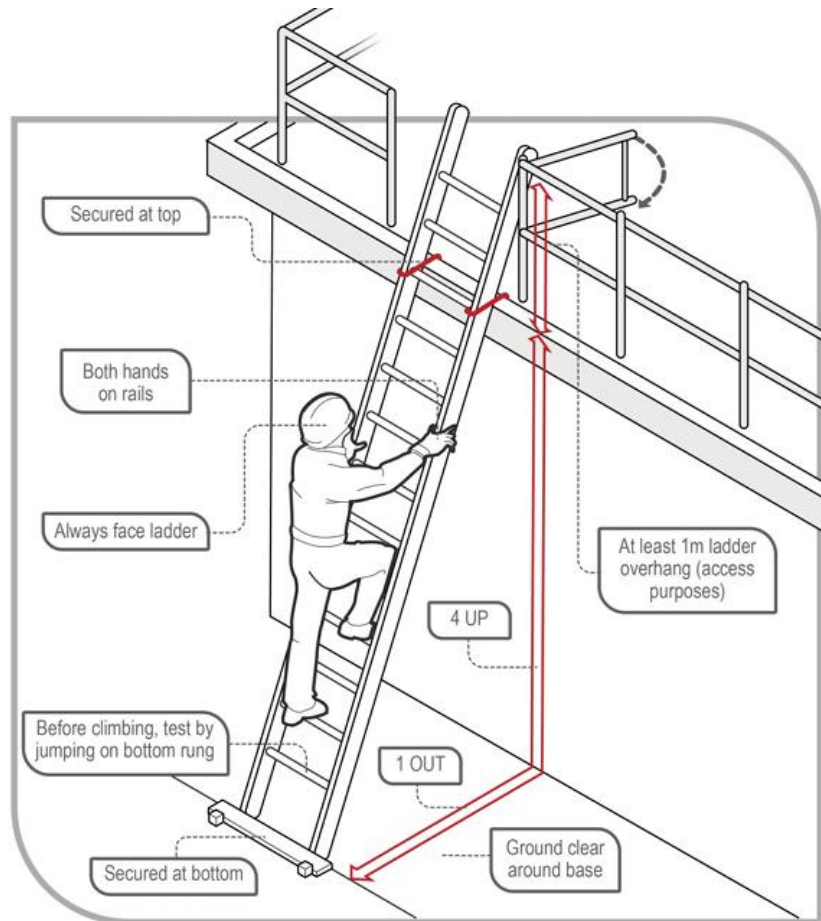
Procedure

Using ladders safely

- You should only use a ladder if you have been trained in how to inspect, set up and use ladders correctly.
- Before setting up a ladder, it should be inspected for visible damage or faults, for example broken rungs, stiles and footings. Faulty or damaged ladders must be removed from service.
- When setting up a ladder you should check that:
 - the ladder is the correct height for the work to avoid over-reaching or stretching
 - locking devices (where applicable) on the ladder are secure, and
 - the ladder is not placed so that the weight of the ladder and any person using the ladder is supported by the rungs.
- Ladders used at a workplace should be set up on a solid and stable surface to prevent the ladder from slipping.
- Single and extension ladders can be prevented from slipping by:
 - ensuring the ladder has non-slip feet
 - placing ladders at a slope of 4:1 (the distance between the ladder base and the supporting structure should be about 1 m for every 4 m of working ladder height), and
 - securing ladders at the top or bottom, or if necessary, at both ends.
- Stepladders should be set up in the fully opened position and may require a second person to 'foot' the ladder for added stability.

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SAFE LADDER USE



- When using a ladder:
 - always maintain 'three points of contact'
 - use a tool belt or side pouch so that materials or tools are not carried in the hands while climbing the ladder
 - ensure only light duty work is carried out while on the ladder, where tools can be operated safely with one hand
 - make sure that no-one works underneath the ladder
 - do not allow anyone else on the ladder at the same time
 - do not straddle the ladder, and
 - wear slip-resistant footwear.
 - it is not safe to use metal or metal reinforced ladders when working on live electrical installations, or carry out 'hot' work like arc welding or oxy cutting.

ACTIVITIES: Ladders

Fruit Picking ladder safety

Ladders

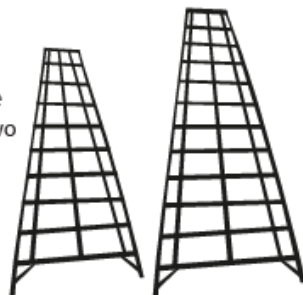
Use a ladder suitable for the size and strength of the trees.

Stool (one or two step) and platform ladders are commonly used on medium sized mandarin trees.



Tripod ladders are used for trees with weak or sparse branches that cannot support a bow ladder. They are commonly used on mounded and mandarin trees.

Bow ladders are commonly used on mature orange trees. There are two common sizes, 3 m (10 rung) and 3.6 m (12 rung).



It is best to carry ladders in a upright position with one arm holding the lower rung and the other holding an upper rung.



Ladders can be carried horizontally, however, they can easily bump into other people or machinery.



Safety

Ladder and picking safety

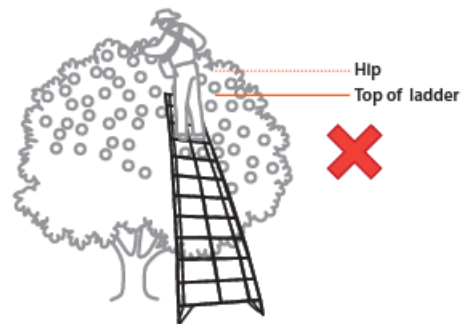
Position your ladder carefully

Use a ladder and make sure it is stable. Push the leg stakes into the ground and ensure the ladder is braced against strong branches and will not fall through the tree. Give the ladder a push and shake before climbing to ensure it is well braced.

Do not bend over too far from the ladder.



Do not stand on the top rungs of the ladder. The top of ladder must not be below your hip.



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Place bow ladders with the arch facing outwards and point the ladder towards the centre of the tree.



Finishing the day

Report any broken equipment to your supervisor.

Place ladders out of the way of tractors that need to pick up fruit in rows or move bins.

Ask your supervisor where to put ladders:

- in between trees, or
- end of rows, or
- on a ladder trailer or truck.

