

9.11 Ladders

Ladders are primarily designed for access and egress.

Portable ladders for use at MAC must be on a ladder register and:

- Be of platform construction (i.e. have a working platform section)
- Compliant to AS1892-Series – Portable Ladders
- Shall not be longer than:
 - 5.5m wooden step ladder
 - 6.1m for step ladders
 - 9.0m for an extension or single ladder
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When using a ladder 3 points of contact shall be maintained at all times (i.e. 1 foot, 2 hands or 1 hand, 2 feet. Items cannot be carried by hand up and down ladders. They must be lifted and lowered by a safe means.

When climbing a ladder, personnel must remain within the vertical supports of the ladder.

A ladder must rise to a height of at least one metre above the work platform it services. A clear landing space shall be provided at the head and base of every ladder. The gap between the ladder and platform must be less than 100mm. The ladder should be tied off or attached securely to the structure at the top.

Place a ladder so that the horizontal distance from the base to the vertical plane of the support is approximately one quarter the ladder length between supports e.g. place a 4-metre ladder so that the bottom is 1 metre away from the object which the top is leaning against.

Metal ladders shall never be used for electrical work.

If a ladder has been suspected of being overloaded it must be removed from service immediately and an out of service tag placed until it can be inspected prior to its return to service.

Document Reference - MAC-STE-STD-155

4.10 Safe Movement on Site

4.10.1 Mounting and Dismounting Vehicles and Equipment

Boarding

1. Walk around inspection/ 60 seconds for safety.
2. Approach ladder with caution inspect for any damage or foreign material on steps and uneven ground.
3. Climb access ladder using three points of contact when boarding excavators, loaders, dozers, rubber tyred dozers and graders.

Disembarking

1. Make sure the machine is Safely Parked.
2. Inspect area before lowering access ladder.
3. Lower access ladder.
4. Approach ladder with caution inspect for any damage or foreign material on steps and uneven ground.
5. Maintain three points of contact whilst disembarking
6. Always inspect ground below before stepping off ladder

Stairs/Ladder Angles

1. Access stairs angle 45 degrees or less (as fitted on trucks) descend down ladder facing forward using 3 points of contact.
2. Access ladder angle greater than 45 degrees (as fitted to excavators, loaders, dozers, rubber tyred dozers and graders) descend down ladder facing towards ladder using 3 points of contact.



i Document Reference - MAC-STE-MTP-027