LOOK. THINK. DO.

Look out for danger. Think of how you can protect yourself. Do your work safely.

6 Basic Workplace Safety and Health (WSH) Rules for Safe Use of Ladders

A-frame ladders are easy to deploy and often used to reach a higher area. Select proper ladders and use them correctly to prevent accidents. Always do a Risk Assessment before using a ladder.

Report to your supervisor if you feel unwell.

Select a ladder of the correct height.

Check that the ladder is in good condition.

Place the ladder on stable and level ground.

Use the ladder in the correct manner.

Maintain 3-point contact.

Learn more about ladder safety from the SS EN 131 Ladders and WSH Council's Ladder Safety Pack.

WSHCOUNCIL
Tripartite Alliance for Workplace Safety and Health

MINISTRY OF MANPOWER

Prevent all injuries.
Go home safe and healthy.

VISION ZERO