

Ladder Safety Test

Name	Date
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1. Workers should consider a safer option than a ladder when they:

- a. Hold heavy objects while standing on the ladder
- b. Elevate the ladder to a height that might make it unstable
- c. Work from the intended height for a long period of time
- d. Need to work sideways on the ladder
- e. All of the above.

2. Before climbing a ladder, workers should do all of the following EXCEPT: for (choose one answer)

- a. Secure the base of the ladder
- b. Place the ladder on stable and level ground
- c. Polish the rungs.
- d. Fully extend the ladder

3. To create a safe handhold to reach another level, workers should secure and extend the ladder by at least how many meters above the landing point?

- a. one.
- b. two
- c. five
- d. nine

4. Workers should NEVER:

- a. Carry heavy or large loads up a ladder
- b. Work from the top rung of a ladder.
- c. Use ladders when feeling unwell
- d. All of the above.

5. Workers can prevent people from walking under or near ladders by (Choose three)

- a. Assigning a coworker as a lookout
- b. Using barriers, such as cones
- c. Roping off the area
- d. Wearing suitable PPE

6. Which of the following ladders are most suitable for the workplace/

- a. Type I
- b. Type II
- c. Type III

7. While working on a ladder, it is important that employees wear proper footwear, such as:

- a. Heel to toe drop of 8mm
- b. Protected leather upper
- d. Secure and slip-resistant footwear

8. How many points of contact with the ladder should a worker maintain at all times? (such as hands and feet on a ladder)

- a. At least two
- b. At least three.
- c. One
- d. Four

9. Ladders should be maintained according to manufacturer instructions and checked before each use to ensure they are in good condition.

Workers should NOT use a ladder if:

- a. It is bent
- b. The top rung is wider than the worker's feet
- c. It is missing a step
- d. The Locking mechanism is broken
- e. The ladder is not tied or supported
- f. All of the above.

10. Workers should avoid using ladders near to (choose two)

- a. Doorways.
- b. Walls
- c. Windows.
- d. Furniture

11. What should you do if you find a broken ladder?

- a. Try to fix it yourself
- b. Mark it as broken and take it out of service
- c. Take it home to use for domestic work
- d. all of the above.

12. If you are working at a height of twelve feet; how far should the base be pulled out? (tied at the bottom or a colleague supporting the base as may be required)

- a. Three feet.
- c. Four feet
- d. Five feet
- e. Six feet

13. When working near to electricity; which of the following should you carry out?

- a. Do not use metal ladder
- c. Do not use wet wooden ladders
- d. Stay at least ten feet away from overhead wires
- e. All of the above

14. What action should you take when accessing the roof via a ladder?

- a. The ladder must be extended four rungs
- b. Pull the base of the ladder further from the wall (depending on height)
- c. Ensure the ladder is properly secured and supported
- d. All of the above.

15. Workers can prevent people from walking under or near ladders by:

- a. Assigning a co-worker as a lookout
- b. Using barriers, such as cones
- c. Roping off the area
- d. All of the above

16. To help reduce falls, workers should avoid:

- a. Climbing with tools or objects in their hands
- b. Learning as much as they can about ladder safety
- c. Using ladders in the afternoon
- d. Sing while climbing ladders

