

# SAFE WORK



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## Fall Protection – Fixed Ladders

### Potential Hazard:

Falls from fixed ladders, even from heights of just one meter, can result in serious injury or death.

### How to Control the Hazard:

The most effective way to prevent injuries due to falls from fixed ladders is to use a fall protection system.

One of the following fall protection systems must be used on all fixed ladders more than 5m (16' 5") high (see pictures at right):

- (1) Equipping the worker with a full-body safety harness and lanyard that is secured to a fixed or movable anchor on the ladder.
- (2) A cage enclosing the ladder (see American National Standard "ANSI 14.3 Safety Requirements for Fixed Ladders").

### Requirements for fixed ladders:

The requirements listed below can also help to prevent falls from fixed ladders. These requirements must be followed for fixed ladders of any height.

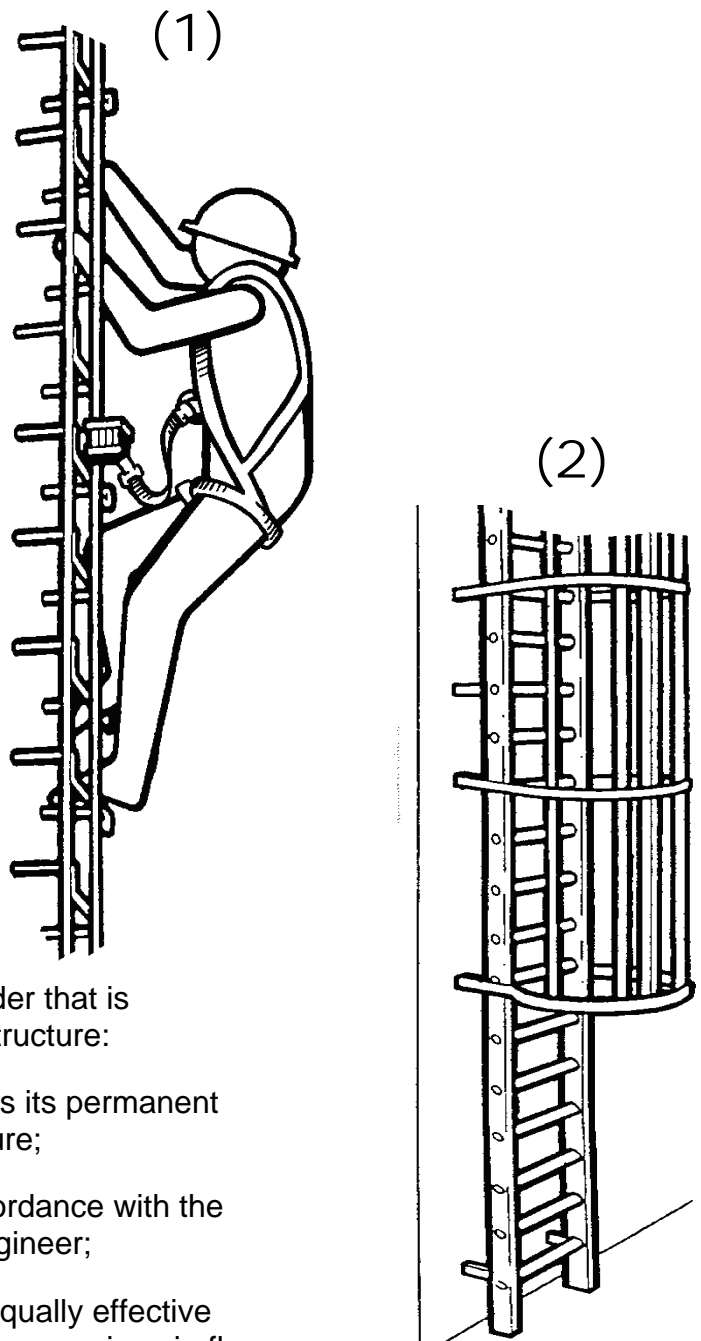
Employers and owners must ensure that a ladder that is permanently fixed to a supporting building or structure:

- (a) is designed by a professional engineer, as is its permanent attachment system to the building or structure;
- (b) is constructed, erected and installed in accordance with the specifications certified by a professional engineer;
- (c) is equipped with a suitable safety gate, or equally effective means of protection from falling, at all access openings in floors, platforms and rest platforms.

**Note:** requirement (c) does not apply to:

- a landing that is serviced by more than one fixed ladder; or
- a fixed ladder installed before the coming into force of this regulation.

(See over)



### Workplace Safety and Health Division Contact Information:

Winnipeg: (204) 945-3446  
Toll-Free: 1-866-888-8186 (Manitoba only)  
24-Hour Emergency Line: (204) 945-0581

Publications/resources available at: [www.safemanitoba.com](http://www.safemanitoba.com)



- (d) where it is in a vertical position or at an angle of not more than 25 degrees to the vertical, it:
- i. meets the requirements of the ANSI Standard, ANSI 14.3 “Ladders – Fixed – Safety Requirements”.
  - ii. has side rails that extend at least one metre above any platform, roof or other landing on the building or structure to which it is fixed,
  - iii. has an opening in the platform, roof or other landing that does not exceed 750 mm (29.5”) x 750 mm (29.5”), and
  - iv. is equipped, if it is more than 5 m (16’ 5”) high, with ladder cages and rest platforms, at intervals of not more than 5 m (16’ 5”), or a fall protection system that meets the requirements of Part 14 of the Manitoba Workplace Safety and Health Regulation.
- (e) where it is fixed at an angle of more than 25 degrees to the vertical or more than one horizontal to two vertical, it should be equipped with:
- i. a handrail that extends its entire length and is between 800 mm (31.5 “) and 920 mm (36.25 “) above the front edge of the treads,
  - ii. treads that are level and uniform in width and depth and in the vertical distances between them throughout the length of the ladder, and
  - iii. on an open side, both a handrail and an intermediate rail or equivalent safeguard.

**Reference to legal requirements under workplace safety and health legislation:**

- Entrances, Exits, Stairways and Ladders: Manitoba Regulation 217/2006 Part 13
- Fall Protection: Manitoba Regulation 217/2006 Part 14

**Additional workplace safety and health information available at [www.safemanitoba.com](http://www.safemanitoba.com)**

- ANSI Standard 14.3: Ladders – Fixed – Safety Requirements