

Member Accreditation

Working at Heights

G5



Very dangerous



CORRECT ✓

Steps facing work activity



INCORRECT ✗

Steps are side-on to work activity



The Shed provides items such as welding masks and gloves.

Members are required to provide their own footwear, eyewear, hearing protection and masks.

Safety

This is a very high priority for our Shed members. There are some aspects that are mandatory under our insurance policies and some which the The Shed requires members to adhere to for everyone's benefit.

The Shed Safety Induction

It is a requirement of attendance at The Shed that members have reviewed the Safety Induction Presentation

Personal Protective Equipment

This is required in various forms depending upon the equipment being used or the activity being undertaken.

Protective eyewear is always mandatory when using machinery.

The Shed schedules a Coordinator and a First Aid Safety Officer for each day of attendance and their safety directions are final and must be adhered to.



Wooden steps in engineering area

This document applies to the following :

- The wooden steps located in the Wood tool store and the Metal tool store
- The two and three step Gorilla ladders

The Gorilla adjustable height platform ladder and must be read in conjunction with the Manuals and appropriate guides.

Recognition of the main parts of the Gorilla platform ladder is necessary in order to understand descriptions below. Web tutorials are also an excellent informer e.g. <https://youtu.be/yQ9JBjAjcGE>

Documents and videos on general ladder safety are available at:

www.aci.health.nsw.gov.au/home-ladder-safety

Clear knowledge of our Shed's Safety Induction Package should also be evident and practised by aspiring ladder users.

Persons who are at all unsteady on their feet or subject to dizziness or blackouts should not use these Ladders and Steps.

Key Features of Gorilla step ladders

- The platform on these ladders uses a locking mechanism on the platform step. Ensure the platform is locked down before use.
- Push the button at the edge of the platform step to release the lock after use

Key Features of Gorilla adjustable height platform ladder

- This ladder weighs 24 kilograms. It requires two people to carry and manoeuvre into position
- The locking mechanisms on the side of the rails are used to change the height of the ladder. They are only to be changed with the ladder lying on the ground. Ensure that the locking pins are fully engaged and locked before erecting the ladder





Never do this
Very Unstable

High risk of overbalancing and falling

- Always inspect the ladder before using it. Look for cracks, loose screws, missing parts and stability issues. If the ladder is contaminated with any slippery substance, like oil or water, clean it before climbing it.
- Do not climb a ladder without having someone nearby who can help you out if something goes wrong.
- Do not place ladders in front of doors.
- Set up the ladder on a firm, even ground.
- Before climbing, make sure the ladder is opened fully and locked.
- Always have three points of contact with the ladder when climbing it to prevent sudden falls and slips: either two hands and one foot or two feet and one hand should always be in contact with the ladder.
- While using the ladder face it constantly and do not overreach the side rails.
- Never stand above the third highest step of the ladder
- Stepladders are not recommended to lean up against the wall, even in a closed position.



Never do this

Ladders are designed for specific loads
High risk of overbalancing and falling

- Use non-slip footwear. Also, feet and treads of the ladder should be slip-resistant.
- Don't carry heavy objects when climbing the ladder, always climb slowly and don't make any sudden movement: it can result in losing your balance.
- Do not move the ladder until climbing down.
- Keep in mind: **climbing a ladder is never without risks**, even if you have a safe one.
- **Only do it if it's really necessary.** If you have mobility or balance issues ask someone to do the job for you. Also, if you feel tired, stay off the ladder



What NOT to do!

Safety & Procedural Issues

Before using a ladder

- Make sure you are fit and fully capable of climbing a ladder and working at height.
- Decide on the correct ladder to use, depending on the height required and work to be done
- Examine the ladder for any defects or worn treads
- Examine the area for any risks. Eg electrical, liquids,
- If using the gorilla height adjustable ladder or the extension ladder, seek assistance with carrying and erecting
- Ensure any ladder is on a firm, dry, level surface before use
- Position the gorilla ladders with the treads facing the work activity with spreader braces fully opened and locked
- Position the extension ladder against a sturdy support, and use the 4 to 1 rule to place the foot at the correct distance. Make sure it extends at least 1 metre above the access point
- Seek assistance from another Shedder to monitor you closely whilst on the ladder



After ladder use

- Release the locking mechanisms to close the ladder or to return the Gorilla adjustable height platform ladder to the minimum height
- Return the ladder to its home location

During the use of the ladder

- Have another person securely hold the ladder
- Do not carry tools or materials when ascending or descending the ladder
- Always maintain three points of contact
- Don't move your centre of gravity outside the limits of the ladder
- Grasp a solid contact (rack or cabinet) when using the wooden steps
- After ascending the gorilla adjustable height ladder, ensure the safety bar is in place