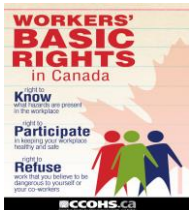


# NU Monthly Safety Newsletter

March 2023

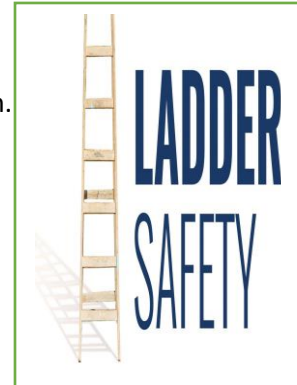
## Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



## Before Taking the first Step on a ladder;

- Thoroughly inspect the ladder to ensure it is in good working condition.
- Clean the ladder feet as well as the climbing and gripping surfaces.
- Read the safety information label(s) on the ladder.
- Confirm that the ground where the ladder is set up is firm and level.
- Ensure that any surrounding doors are blocked from opening, locked or properly guided.
- If you are using a ladder outdoors, ensure that the weather is safe for ladder use.
- Clean the soles of your shoes to maximize traction and avoid slipping.
- Ensure that you are not tired, dizzy or prone to losing your balance before using the ladder.



## Ladder Safety Tips:

- Mark a damaged ladder and take it out of use.
- Choose the correct ladder for the job.
- Do not stretch, lean or overextend yourself while working on a ladder.
- Get off the ladder to move it, don't jump it to a new position.
- Do not put ladders on top of boxes or use something on a ladder rung to reach higher.
- Don't use ladders as walkways or platforms.
- Do not leave tools hanging on the rung.

**N/B:** Working at heights is a mandatory requirement by the Ministry of labour in Ontario for anyone working at heights of 3 meters or more.

**Regulation reference:** [O. Reg. 297/13: OCCUPATIONAL HEALTH AND SAFETY AWARENESS AND TRAINING \(ontario.ca\)](https://www.ontario.ca/laws/regulation/29713)

