



Climbing

Can youth do this job safely?

Youth must be able to do/have all of the following to perform this job safely:

- Comfortable with heights, good balance
- **Mature** enough to consistently do what is expected
- **Thinks through** actions and consequences before acting
- Received appropriate training
- Climb safely using 3 points of contact; using [proper climbing technique](#)
- Keep hands free of tools/objects while climbing
- Safely demonstrate the job 4 to 5 times
- Maintain [two-way communication](#) link



Adult Responsibilities

- Comply with [working outdoors guideline](#) (if applicable)
- Ensure work area is free from as many hazards as possible
- Educate youth on avoiding/addressing remaining hazards
- Ensure climbing structure/ladder is safe and complies with ANSI/CSA standards
- Ensure **ladder size** matches the young worker
- Verify ladder weighs less than 25% of youth's body weight
- Confirm youth is free of medical conditions/medications that affect his or her ability to climb
- Provide fall arrest equipment, if needed
- Demonstrate how to climb safely and provide training

Supervision

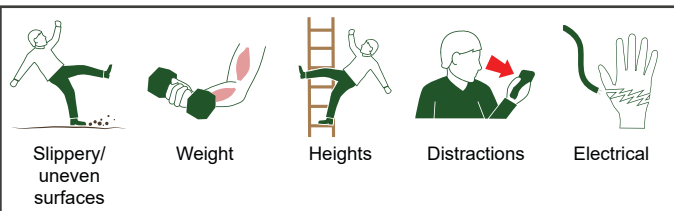
Note: Ability to climb and **maximum climbing height** should not be based only upon age, but also by assessment of:

- Hand size, grip strength, limb length
- Size/shape of rungs, distance between rungs
- **Type of ladder**
- **Landing surface**

10-11 yrs Constant supervision

12+ yrs Constant supervision progressing to periodic, based on ability and ladder characteristics

Hazards



Protective Strategies

