

Toolbox Talk: Ladder Safety

Extension Ladder Safety



DO...use the right ladder for the job. Ladder classification and capacity should be clearly labeled on the side rung of the ladder.

DON'T...use step ladders in place of extension ladder or stand above highest "safe standing level" prescribed by the ladder's manufacturer.

DO...use only one extension ladder.

DON'T...take ladders apart or tie a ladder to the top of another.

DO...make sure weather conditions are suitable for working on ladder.

DON'T...use extension ladder in wind or other unsafe conditions.

DO...look overhead before placing a ladder, with special attention to power lines and other electrical hazards.

DON'T...use ladders less than 10 feet away from electrical lines and assume the area above the ladder is clear of hazards.

DO...use a ladder that is in-service and inspect all ladders for damage prior to use.

DON'T...use a ladder that is out of service.

DO...set up the ladder on the ground, floor or other level, stable surface and make sure it's properly footed and secure before climbing.

DON'T...use ladder on uneven ground.

DO...take your time climbing and always use the 3-point contact system when working.

DON'T...hurry up a ladder or overreach beyond the side sills. Keep your hips inside the rails.

DO...face the ladder while ascending and descending.

DON'T...turn your back to the ladder at any time.

DO...use a belt designed for ladder work to carry tools or use a bucket to lift objects to the work area.

DON'T...carry heavy objects or tools up the ladder or carry tools in hand.

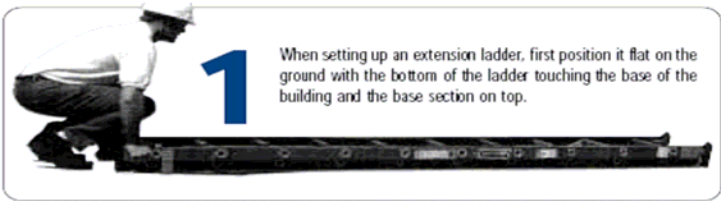
DO...wear proper non-skid rubber soled footwear and watch for slip hazards. Make sure your shoes and rungs are as clean as possible.

DON'T...climb a ladder in slippery shoes.

DO...use a barricade to keep traffic or activity away from the ladder.

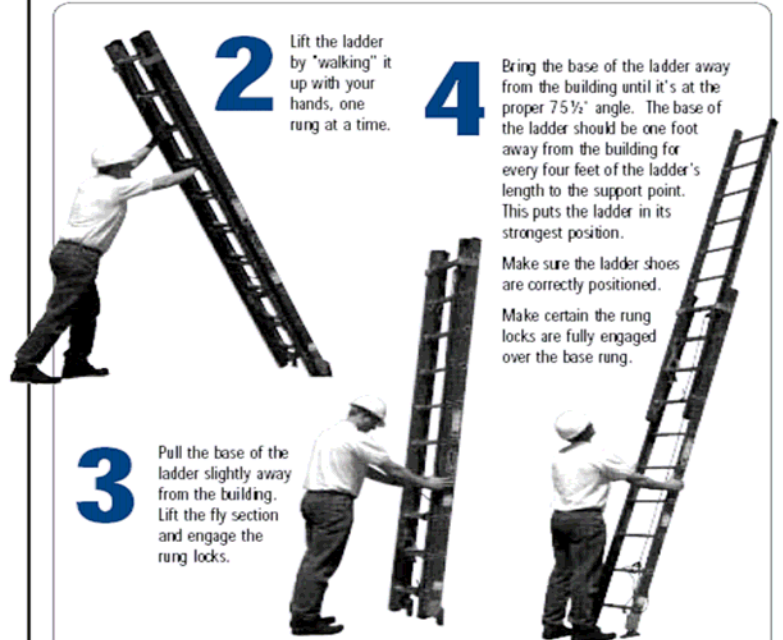
DON'T...leave the ladder unattended.

RAISING EXTENSION LADDERS



1

When setting up an extension ladder, first position it flat on the ground with the bottom of the ladder touching the base of the building and the base section on top.



2

Lift the ladder by "walking" it up with your hands, one rung at a time.

4

Bring the base of the ladder away from the building until it's at the proper 75 1/2° angle. The base of the ladder should be one foot away from the building for every four feet of the ladder's length to the support point. This puts the ladder in its strongest position.

Make sure the ladder shoes are correctly positioned.

Make certain the rung locks are fully engaged over the base rung.

3

Pull the base of the ladder slightly away from the building. Lift the fly section and engage the rung locks.

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