

## Extension Ladder Safety

Despite the increased use of scissors lifts and boom lifts to reach high areas, there are times when extension ladders are needed to reach roof tops and other elevated work areas. While extension ladders provide a quick and easy method for doing that, the safe use of them is a must on jobsites, with these basic ladder safety rules followed:

- Inspect the extension ladder prior to each use to identify damage to the slide rails, anti-slip feet, rope and pulley, rungs and rung locks. A damaged extension ladder must be taken out of service immediately and disposed of in most instances.
- Select an extension ladder that is the right size/height for the task and is the proper duty rating. You should not need to stand on the top two rungs of an extension ladder to access or reach the work area. A good rule of thumb is to use a Type 1-rated or heavier extension ladder that will support 250 pounds or more.
- Make sure the extension ladder is set on a stable level surface and that the ladder's anti-skid feet are properly set.
- The top of the ladder must extend 36 inches above the landing.
- Look for overhead obstructions and power lines, and set the ladder away from all overhead obstructions. If working near power lines, the power lines should be deactivated by the local power company prior to extending the ladder.
- Do not set the ladder in front of a closed door, doorway or heavily traveled walkway.
- Maintain three-point contact (two hands/one foot or one hand/two feet) when climbing up and down an extension ladder.
- Always face the extension ladder when climbing up and down it.
- Keep the extension ladder rungs free of debris, grease, mud, ice and snow.
- Do not overreach when working on an extension ladder. Keep your belt buckle between the extension ladder's side rails at all times while standing on the extension ladder.

Ladder accidents happen when you do not take the time to inspect and properly set an extension ladder. Falls from extension ladders can result in injury or death, so take the time to use an extension ladder safely to help avoid accidents.

Date of Safety Talk \_\_\_\_\_

Company \_\_\_\_\_

Talk given by \_\_\_\_\_

Signature \_\_\_\_\_

**Attending Employees:**

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**Notes:**

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