



EXTENSION LADDER SAFETY

Workers who use extension ladders risk permanent injury or death from falls and electrocutions. These hazards can be eliminated or substantially reduced by following good safety practices.

SAFE LADDER USE

- ▲ Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/ descending a ladder.
- ▲ Face the ladder when climbing up or descending.
- ▲ Keep the body inside the side rails.
- ▲ Use extra care when getting on or off the ladder at the top or bottom. Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- ▲ Carry tools in a tool belt or raise tools up using a hand line. Never carry tools in your hands while climbing up/down a ladder.
- ▲ Extend the top of the ladder three feet above the landing.
- ▲ Keep ladders free of any slippery materials.

SAFE LADDER PREPARATION

- ▲ Rid the area of hazards or clutter in the work area.
- ▲ Look above for any overhead wires or obstructions.
- ▲ Use non-conductive ladders for all electrical work.
- ▲ Block off the area around the ladder.
- ▲ Warn others of your work area.
- ▲ Before you use a ladder, check its rating.
- ▲ Do not subject the ladder to a load greater than its rated capacity.

