



Extension Ladder Safety

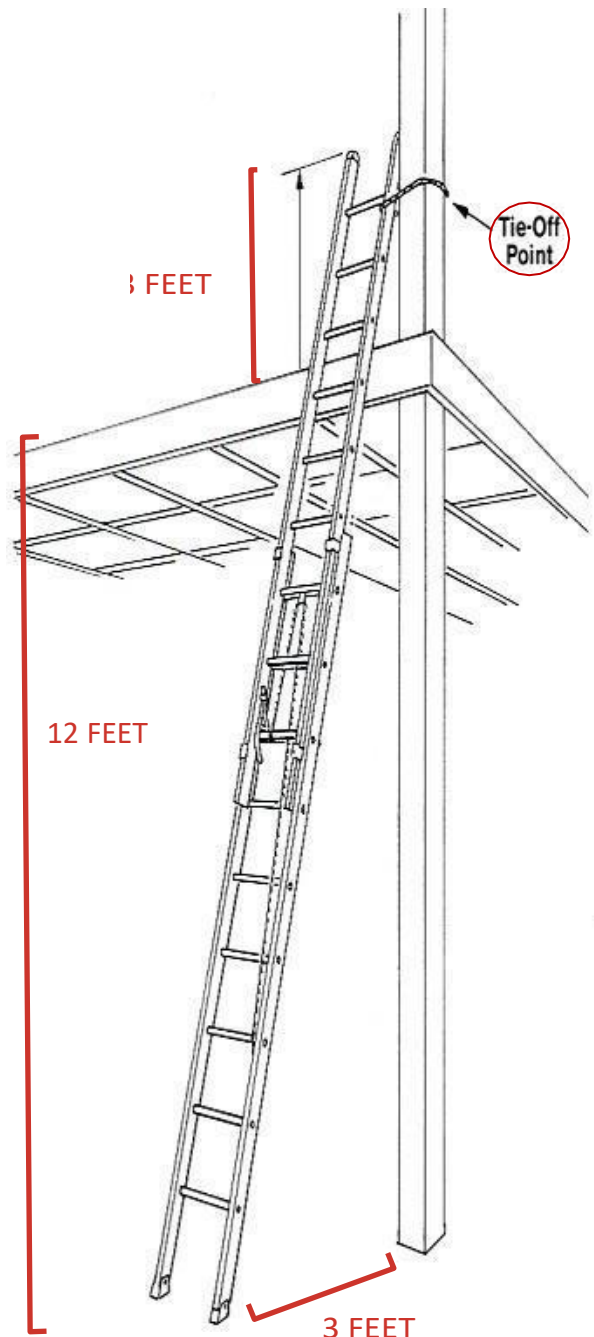
Extension ladders are commonly used on jobsites, but they can become extremely dangerous if they are not selected, set up, or used properly. Most ladder-related injuries are preventable by following basic safety rules every time a ladder is used.

Always

- Face the ladder when climbing up or down.
- Maintain three points of contact at all times.
- Extend extension ladders at least 36 inches (3 feet) above the landing surface.
- Secure the ladder at the top to prevent movement.
- Set ladders on firm, level, and stable footing.
- Position the ladder at the proper angle (4:1 ratio).
- Use a tool belt, bucket, rope, or hoist to move tools and materials.
- Inspect ladders before each use for damage or defects.
- Keep ladder rungs and shoes clean and free of slippery materials.
- Wear proper footwear with slip-resistant soles.

Never

- Carry tools or materials in your hands while climbing.
- Overreach or lean outside the ladder rails.
- Place ladders on boxes, barrels, or unstable surfaces.
- Exceed the ladder's maximum load rating.
- Tie two ladders together to make them longer.
- Stand on the top three rungs of an extension ladder.
- Use metal or wood ladders; use approved fiberglass ladders only.
- Work within 10 feet of overhead power lines.
- Use a damaged, altered, or improperly repaired ladder.
- Move or shift a ladder while someone is on it.



Discussion Questions:

- What are some common ladder mistakes you've seen on jobsites?
- How does overreaching increase the risk of a fall?
- What should you do if a ladder is damaged or unsafe?
- When should a ladder not be used, and what alternatives are available?
- Why is maintaining three points of contact so important?