

Introduction: Falls from ladders can result in injuries like strains and sprains, fractures and death. Since ladders are simple to use and are common and available for purchase, many users think that the simplicity of ladders means no safety training is needed. Anyone can purchase and use folding extension ladders. But how many ladder users have had training to use that ladder safely? How many ladder users have read the owner's manual? Use the below safety tips:

WorkSAFE Tips

GENERAL EXTENSION LADDER SAFETY

- Users of ladders must be trained.
- Inspect ladders before work.
- Position 10 ft. away from overhead electrical lines.
- Extend 3 feet above support edge (3 or 4 rungs)
- Secure top and bottom of ladder with rope, straps
- Use correct ladder pitch.
- Never use damaged or worn-out ladders.
- Select and use the correct ladder for the job.
- Never use conductive ladders for electrical work.
- Never overload ladders.

COMMON EXTENSION LADDER ACCIDENTS

- Over reaching
- Kick-out or tip (failure to secure ladder)
- Improper or unstable base
- Climbing one-handed
- Electrocution

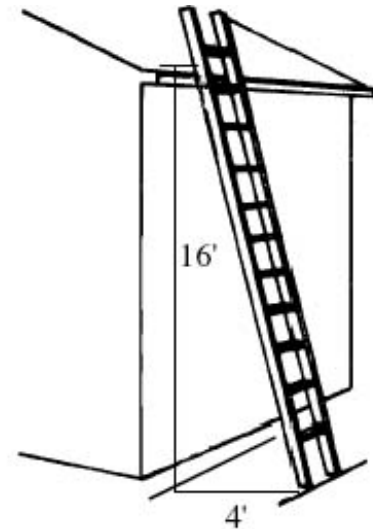
SAFETY TRAINING TOPICS

- Ladder inspection methods
- Load capacity
- Electrical hazards
- Proper carrying
- Proper storage
- Proper setup and creating a stable ladder base
- Identifying excessive wear and tear
- Review warning labels and safety rules
- Maintaining three-point climbing contact
- Proper carrying of objects up and down ladders
- Cleaning

CLIMBING THE EXTENSION LADDER

- Verify ladder capacity.
- Set up on a stable base.
- Use the 1 to 4 rule for ladder pitch.
- Secure the top and bottom of the ladder
- Use three-point climbing contact.
- Keep the "belt buckle" inside the side rails.
- Don't carry too much.
- Don't climb too quickly – take it slow.

For every 4 feet in height, set the base out 1 ft.



INSPECTING EXTENSION LADDERS

- Use manufacturer's guidelines for inspections.
- Inspect ladders when knocked or tip over.
- Inspect for loose or damaged components.
- Inspect side rails for cracks, bends or damage.
- Inspect rungs for loose rivets or buildup.
- Look for temporary or unauthorized repairs.
- Remove damaged or unsafe ladders from service.
- Cut up / destroy ladders that can't be repaired.

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.

TOOL BOX TALK

Extension Ladder Safety

Follow Up Items

Date of Talk _____