

Tool Box Talk

EXTENSION LADDER SAFETY

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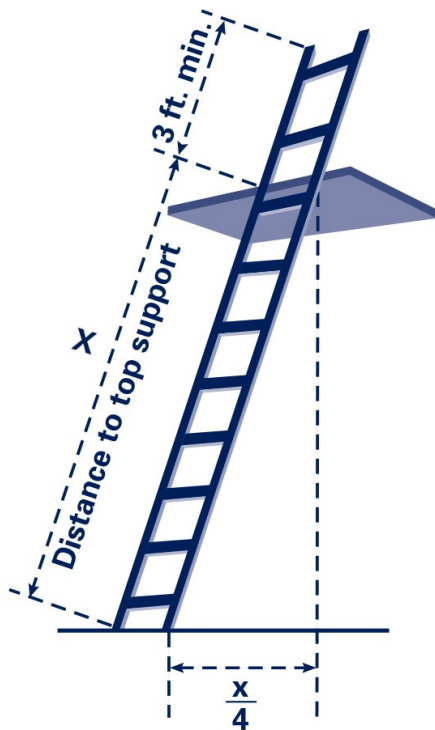


Extension Ladder Selection

- Select a ladder that is the proper length to reach the working height and inspect it before use. The ladder must be long enough to be set up at a safe angle and extend 90 centimetres (three feet) beyond the top landing.
- Do not use metal or wood ladders near live power lines.
- Use fiberglass ladders when working around electrical conductors.

Set up

- Set the ladder on firm ground. Do not use on ice, snow or slippery surfaces without non-skid devices or securing footing.
- Set the ladder up at a safe angle. Position the feet one foot back for every three or four feet up, depending on length.
- Extend ladder three feet above the roof line and tie the top at support points.
- Secure the base when raising.
- Protect the base of ladder from any activity that could bang it.
- Do not overextend the ladder section. Maintain the minimum overlap of sections.
- Securely engage ladder locks before climbing.
- When working from a ladder more than three metres or 10 feet up, wear a safety harness and tie off to a well anchored lifeline or other support—not to the ladder.



Safe Climbing and Use

- Do not place the ladder in front of doorways or on movable surfaces.
- Face the ladder and maintain 3-point contact when climbing up or down. Ensure boots are free of mud, snow or other substances before climbing.
- Do not carry tools, equipment or materials in your hands while climbing.
- Keep body centered between side rails.
- Do not overreach or stand higher than the fourth rung from the top.
- If possible, use extension ladders only for access and not as work platforms.
- Do not use the ladder in high winds unless secured properly.
- Keep the areas at the top and bottom of the ladder clear of debris, materials and other obstructions.

Inspection Checklist

- Are any parts broken, cracked or splintered?
- Are there any defects in the side rails, rungs or other parts?
- Are their makeshift repairs on the ladder?
- Are there any worn, damaged or unworkable extension ladder locks, pulley or other fittings?
- Is the ladder twisted, warped or bowed?

If any answer is yes to any of the above, the ladder should be tagged and taken out of service.



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