

EXTENSION LADDER USE

OVER ►

Climbing a ladder is not as easy as it sounds. Many workers have been injured getting on or off a ladder. Workers have died from falls after losing their balance.

Extension Ladder Use Tips

- >> Ensure you have the right ladder for the job.
- >> Inspect your ladder prior to use.
- >> Use the ladder safely.



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EXTENSION LADDER USE

Ensure you have the right ladder for the job

- On a construction project, the ladder must meet the requirements of a Grade 1, Grade 1A, or Grade 1AA ladder under CSA Standard CAN3- Z11: Portable Ladders.
- The ladder must be long enough to:
 - be set up at a safe angle (one foot out for every three or four feet up, depending on length); and
 - extend about 1m beyond the top landing.

Inspect your ladder prior to use

- Check the ladder for damage or defects before you set it up, after it has been used somewhere else by other workers, and after it has been left somewhere for a long time.
- Look for cracks, missing components (rungs, rivets, screws, etc.), rusting, and modifications. Any damaged or defective ladders must be taken out of service.
- Clear the ladder rungs of snow, mud, grease, etc. to ensure safe footing.

Use the ladder safely

- Set the ladder on a firm, level base. If the base is made of soft, loose, or wet material, clear it away or stand the ladder on a mud sill.
- Never erect extension ladders on boxes, carts, tables, or other unstable objects. Never stand them up against flexible or movable surfaces.
- Always follow manufacturer's instructions for ladder use.
- When the ladder is set up, there should be a clear space of at least 15 cm (6 in) behind each rung for the front of your foot to fit.
- When the ladder is fully extended, sections must overlap at least 90 cm (3 ft).
- Stand no higher than the fourth rung from the top.
- Tie off or otherwise secure the top and bottom of the ladder. Keep areas at the top and bottom clear of debris, scrap, material, and other obstructions.
- Clean mud, snow, and other slippery substances off your boots before climbing.
- When climbing up or down, always face the ladder and maintain 3-point contact.
- Do not carry tools, equipment, or material in your hands while climbing. Use a hoist line or gin wheel for lifting and lowering.
- Be very careful when erecting extension ladders near live overhead powerlines. Never use metal or metal reinforced ladders near electrical wires or equipment.
- Wherever possible, use extension ladders only for access—not as work platforms.
- If you must work from a ladder more than 3 m (10 ft) off the ground, wear a safety harness and tie off to a well anchored lifeline or other support—not to the ladder.