



## eSafetyLine

### Extension Ladder Safe Use

Although nothing on the following list of “do’s and don’ts” will be a surprise to most folks that work around ladders on a daily basis, it is always important to remember the basics of safety.

**DON’T**... stand above highest “safe standing level” as described by the ladder’s manufacturer.

**DO**...use only one extension ladder.

**DON’T**...take ladders apart or tie a ladder to the top of another in order to reach “that last little bit”.

**DO**...make sure weather conditions are safe for working on ladders.

**DON’T**...use extension ladder in wind, heavy rain or snow or any other unsafe conditions.

**DO**...look overhead before placing a ladder, pay special attention to power lines and other electrical hazards.

**DON’T**...use ladders less than 10 feet away from electrical lines and assume the area above the ladder is clear of hazards (NEVER assume!)

**DO**...use a ladder that is in-service and always inspect all ladders for damage prior to each use.

**DON’T**...use a ladder that is damaged or out of service.

**DO**...set up the ladder on the ground, floor or other level, stable surface and make sure it’s properly footed and secure before climbing.

**DON'T**...use ladder on uneven ground.

**DO**...take your time climbing and always use the 3-point contact system when working.

**DON'T**...hurry up a ladder or overreach beyond the side sills. Keep your hips inside the rails.

**DO**...face the ladder while ascending and descending.

**DON'T**...turn your back to the ladder at any time.

**DO**...use a belt designed for ladder work to carry tools or use a bucket to lift objects to the work area.

**DON'T**...carry heavy objects or tools up the ladder or carry tools in hand.

**DO**...wear proper non-skid rubber soled footwear and watch for slip hazards. Make sure your shoes and rungs are as clean as possible.

**DON'T**...climb a ladder in slippery shoes.

**DO**...use a barricade to keep traffic or activity away from the ladder.

**DON'T**...leave the ladder unattended.

### **Discussion Questions**

Why is it necessary to use a 3-point contact system with the ladder?

Why isn't it safe to carry tools up a ladder and not use a "carry belt"?

# MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: \_\_\_\_\_

\_\_\_\_\_ SAFETY MEETING

JOB/DEPT: \_\_\_\_\_

\_\_\_\_\_ SAFETY TRAINING

DATE: \_\_\_/\_\_\_/\_\_\_

TIME: \_\_\_\_\_

TOPICS ADDRESSED: \_\_\_\_\_

\_\_\_\_\_

## EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ACTION TAKEN: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Supervisor's Signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

\_\_\_\_\_  
Safety Coordinator's Signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date