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SAFETY TALKS! for PowerPoint

Use Extension Ladders Safely

How this affects you:

- **Every year thousands of employees are injured in falls from ladders**
- **Many die**

Choose the right material, strength and weight rating

Metal ladders should never be used near electrical power

But a wooden ladder may not support you

Consider a fiberglass ladder

Do a safety inspection

1. Never use a ladder with broken, missing, or loose parts;
2. Check for oil or grease on the rungs;
3. Ensure that ropes, pulleys, and locks are in good condition and;
4. The feet have clean, sturdy non-slip soles.

Your shoes should also have clean non-slip soles.

A definite heel prevents your foot from slipping

Using the ladder:

Carry a ladder balanced on your shoulder. Use two people for longer ladders

- **Look around**
- **Set the base of the ladder one foot out from the structure for every four feet up.**
- **Use a rope or strap to secure the ladder so that it won't slip or fall.**

**Have a lookout and post warning signs.
If you have to work in a doorway, block it
and lock it**

Climbing a ladder:

To climb a long ladder, use a “bear-climb”

**Move the right hand and foot together,
and then the left**

It takes a bit of practice

**Stop climbing when you are at least
three rungs from the top**

Working on a ladder:

- **Keep your hands free**
- **Secure tools in a tool belt and hoist larger tools**
- **Use proper fall protection if you need both hands**
- **Always climb down and move the ladder if you cannot reach your work**
- **Allow only one person a a time on the ladder**
- **When the job is finished, store the ladder properly**

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**Don't fall for short cuts!
Follow these tips for safe use of
extension ladders on the job and
at home**

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