

USING EXTENSION LADDERS

SET UP THE ENVIRONMENT

- Find a surface that is not icy, wet, or slippery.
- Extend the ladder to desired length and ensure rung locks are locked into place.
- Prop the ladder at a 1:4 ratio with the wall. This is roughly the same as standing at the base of the ladder with your arms extended.
- Secure the top and/or bottom to a sturdy surface if possible.
- If transferring to another surface from the ladder, extend the top rungs of the ladder at least 3 feet above the surface.



ASCENDING AND DESCENDING

- Use 3 points of contact when ascending and descending the ladder.
- Never adjust the position of the ladder when someone is on it.

GUIDANCE AND GOOD PRACTICE

- Have another person to assist and help.
- Make sure there is at least 3 feet of overlap between the top and bottom sections when the ladder is fully extended.
- Inspect the ladder before use. Things to look for:
 - Damaged rungs, rails, or rubber feet
 - Missing or loose screws and bolts
 - Cracks, splits, or discoloration on the frame
- Do not exceed maximum load rating for the ladder.
- Ladders with bent or broken side rails must be destroyed to prevent injury.
- Always face the ladder rungs.
- As a rule of thumb, keep your belt-buckle, or center of balance, between the rails.

