

	<b>EXTENSION LADDER SAFETY</b>	Date:
	<b>TOOLBOX / TAILGATE TALK</b>	Presenter:

## Ladders: Extension Ladders

### Introduction

1. Review any accidents or "near accidents" from the past week.
2. Describe the hazards of the work as they relate to your project. Explain or show the Safe way of doing the job.
3. Give the Tool Box Safety Talk

Each year, an estimated 50 construction workers are killed by falls from ladders. Falls from extension ladders can be particularly dangerous because people are usually working at greater heights. Follow these safety tips when using extension ladders:

- When choosing an extension ladder, keep in mind that the length of a ladder is different from its usable length. The height these ladders can safely reach is reduced by the angle at which the ladder must be set up.
- Position an extension ladders so that the base of the ladder is one foot away from the wall for every four feet of ladder height. This ratio is important because if the angle is too steep, you can fall backward. If the angle is too horizontal, the ladder can slip out from under you.
- Make sure that both feet are on stable and level surfaces, and that both rails are resting evenly on the resting spot. Secure ladders to prevent accidental movement.
- Make sure side rails are at least three feet above the landing point, or that an adequate grab rail is provided.
- After you set up an extension ladder, lock the top section in place.
- If using multi-section ladders, make sure sections overlap — by at least 3 feet for ladders up to 32 feet, by 4 feet for ladders 32 feet to 48 feet, and by 5 feet for ladders 48 feet to 60 feet.
- When working from an extension ladder, consider using a fall protection system attached to a secure anchor point on the building, especially if doing work that involves pushing, pulling, or prying



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