

## LADDERS – EXTENSION LADDERS

### 1. Task

Safe set up and use of extension ladders on construction sites.

### 2. Hazards

Fall hazard, sprain/strain injury, struck by, pinched by.

### 3. Controls

Pre-Job Safety Assessment (PSA). Worker training, CSA/ANSI approved equipment, Regulatory requirements, manufacturer's specifications, tool box talks.

- ❖ Choose correct ladder length for the job, (long enough to reach level being accessed plus 90 cm. (3'), beyond bearing point).
- ❖ Select CSA/ANSI Grade 1 approved ladder and use within weight and use restrictions on label.
- ❖ A two-section ladder should be no longer than 50' or 15 metres. A three-section ladder no longer than 66' or 20 metres.
- ❖ Inspect the ladder for any defects – damaged ladders must be taken out of service and replaced.
- ❖ Set ladder up on firm, level, non-skid surface, (i.e. clear ice away from surface at base and access points before setting ladder up).
- ❖ Set the ladder up at the proper angle – one foot out for every 4 feet up.
- ❖ When the ladder is set up there should be at least 6" or 15 cm. behind each rung.
- ❖ When the ladder is fully extended the sections must overlap at least 90 cm or 3'.
- ❖ Never erect extension ladders on boxes, carts, tables, mobile equipment, or other unstable objects. Never set them up against flexible or movable surfaces.
- ❖ Secure the top and bottom of the ladder. Keep areas at 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 a 3 – point contact: 2 hands and one foot or 2 feet and one hand.
- ❖ 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 for access – not as work platforms.
- ❖ When you must work from a ladder more than 3 metres or 10 feet up (2.7 m (9 ft) - Alberta), wear a full body harness attached to an adequate, independent, lifeline or anchor point, (not the ladder), by means of a shock absorbing lanyard and anchorage connector.
- ❖ Always maintain balance at the center of the ladder. Do not extend when working off the ladder.
- ❖ On an extension ladder stand no higher than the third rung from the top.
- ❖ Do not remove the "fly" or top section of an extension ladder and use it as a separate ladder. Only the bottom of the ladder that is equipped with no skid feet should be in contact with the work surface or ground as a support for the ladder.
- ❖ Extension ladders can be heavy and awkward to set up. Get help to set up a long ladder and ensure that it is securely braced at the bottom before attempting to raise it to a vertical position.
- ❖ Extension ladders are appropriate for short duration, light duty tasks -for heavier long duration work use a scaffold, swing stage or elevating work platform.
- ❖ No ladder shall be lashed/scabbed to another ladder to increase its length.
- ❖ Ladders should not be used to enter or leave an elevated or sub-level work area if there is another safe and recognizable way to enter it.