Tool Box Talks

Insert Company Name here

Insert Date

How to safely use an extension ladder

Use the right ladder for the job

- Follow the manufacturers written instructions and warning labels on the ladder.
- Do not exceed the weight limit of the ladder. The ladder weight limit consists of your weight and any material you're carrying up the ladder (see chart below for a list of approximate material weights).
- Inspect the ladder to make sure it's in proper working order and not damaged.

Ladder Prep

- Keep the ladder at a 1:4 ratio using the foot/arm extension technique
- If you're in dirt or gravel, use the ladder's cleats to dig into the ground and stabilize the ladder.
- Never step on a ladder if you have muddy shoes. If the ground is muddy, wear galoshes to the ladder and remove them before stepping onto the ladder.

Using the ladder

- Always maintain three points of contact while climbing up or down the ladder.
- Use a backpack to carry roof brackets, fall arrest equipment, etc. up the ladder so you can keep three points of contact at all times.
- Make sure three rungs are above the object you're climbing onto to make it easier and safer to get on and off the ladder.
- Tie-off the top of the ladder so it won't slide back and forth.
- Never have more than 1 person on a ladder at a time.
- Never stretch to work to the side of the ladder. If your belt buckle goes past a side rail, you've reached too far.

Employee Participants