

KEYWORDS: LADDERS ; EXTENSION ; FALL RISK ; CLIMBING**10-15
MINUTES**

Topic: **Extension Ladder**



IDEAS FOR YOUR TALK:

- *People remember facts better when they're interactive and visual: use an Extension ladder to illustrate or demonstrate your risk statements.*
- *People remember stories better than raw facts: think of a personal story that you can share.*
- *People structure thoughts to remember them: think of risks that can occur with each component of a ladder and go from bottom to top.*
- *YouTube is another good source of information and offers many safety videos and demonstrations. Select only videos that are high-quality.*

3. CLOSING QUESTIONS:

- Do you know of any damaged ladders or equipment?
- Do you have questions on this subject, inspection or safe use?
- Are you aware of a risk on this jobsite that shouldn't be?

1. SUGGESTED ENGAGEMENT QUESTIONS:

- Who has used an Extension Ladder on this job?
- What is the main risk involved in using Extension Ladder?
- Has anyone heard of an incident or accident involving an Extension ladder?

2. TALKING POINTS:

- Set the ladder on a firm, level base. If the base is made of soft, loose, or wet material, clear it away or stand the ladder on a mud sill.
- Never erect extension ladders on boxes, carts, tables, or other unstable objects. Never stand them up against flexible or movable surfaces.
- Set the ladder up at a safe angle—one foot out for every three or four feet up, depending on length.
- When the ladder is fully extended, sections must overlap at least 90 cm (3 ft).
- Tie off or otherwise secure the top and bottom of the ladder. Keep areas at the 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 3-point contact.
- 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 only for access—not as work platforms.
- When you must work from a ladder more than 3 m (10 ft) off the ground, wear a safety harness and tie off to a well-anchored lifeline or other support—not to the ladder.



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