



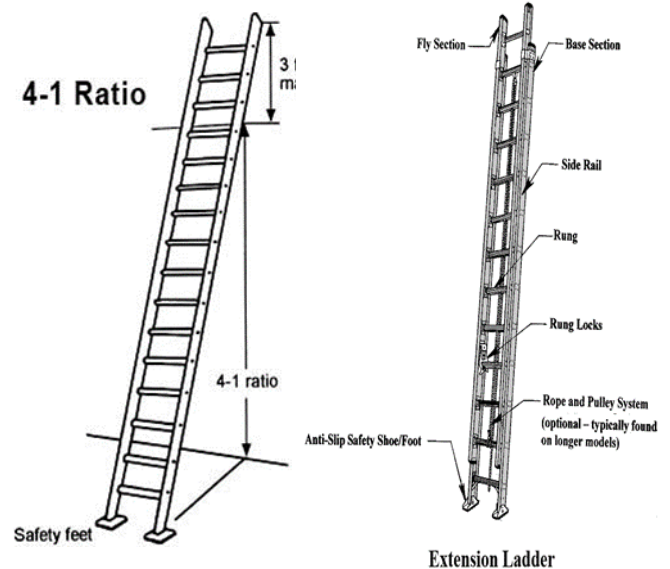
### Extension Ladder Setup

1. Users of ladders must be trained.
2. Inspect ladders before use.
3. Position 10 ft. away from overhead electrical lines.
4. Extend 3 feet above support edge (3 or 4 rungs).
5. Secure top and bottom of ladder with rope or straps.
6. Use correct ladder pitch, 4-1 ratio.
7. Never use damaged or worn-out ladders.
8. Select and use the correct ladder for the job.
9. Never use conductive ladders for electrical work.
10. Never overload ladders.

### Extension Ladder Maintenance

1. Keep all ladders and accessories free of oil, grease, or slippery materials and maintained in good condition at all times.
2. Remove damaged ladders immediately.
3. Store fiberglass ladders where they will not be exposed to sunlight or other ultraviolet light sources.
4. Be sure ladders are properly supported and secured when in transit.
5. Metal bearings of extension ladder rung locks and pulleys should be lubricated during regularly scheduled maintenance; more frequently, if necessary.
6. Ropes on extension ladders should be in good condition. If they become frayed or badly worn, replace them.

EHS can assist with ladder training and provide example ladder checklists.



### Extension Ladder Usage

1. Face the ladder when ascending/descending.
2. Use both hands when going up and down.
3. Carry tools on a tool belt not in hands.
4. Make sure the extension ladder goes 3 ft. above the edge surface.
5. Move the ladder to avoid overreaching.
6. Wear non-slip shoes that are tied.
7. Verify shoes are free from mud and grease.
8. 3-point contact when ascending/descending.

### NIOSH Ladder Safety Phone App

<http://www.cdc.gov/niosh/updates/upd-06-17-13.html>