



Safety Message of the Day for IMEA Members



Extension Ladder Safety DOs and DON'Ts

To prevent workers from being injured due to falls from various types of ladders, including extension ladders, employers are encouraged to adopt the following practices:

Safe Extension Ladder Use—DO:

Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.

- * Face the ladder when climbing or descending.
- * Keep the body inside the side rails.
- * Use extra care when getting on or off the ladder at the top or bottom.
- * Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- * Carry tools in a tool belt or raise tools up using a hand line. Never carry tools in your hands while climbing up/down a ladder.
- * Extend the top of the ladder three feet above the landing.
- * Keep ladders free of any slippery materials.

Safe Extension Ladder Use—DON'T:

- * Place a ladder on boxes, barrels, or unstable bases.
- * Use a ladder on soft ground or unstable footing.
- * Exceed the ladder's maximum load rating.
- * Tie two ladders together to make them longer.
- * Ignore nearby overhead power lines.
- * Move or shift a ladder with a person or equipment on the ladder.
- * Lean out beyond the ladder's side rails.
- * Use an extension ladder horizontally like a platform.