

### List ladder locations on site

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### Explain dangers

Extension ladders can be dangerous tools. Workers have been killed and injured from falls and powerline contact. Here's how to protect yourself.

### Demonstrate as you talk

- Choose the right ladder for the job. It must be long enough to
  - be set up at a safe angle (see below)
  - extend 90 centimetres (3 feet) beyond the top landing.
- A two-section extension ladder should be no longer than 15 metres (50 feet); a three-section ladder no longer than 20 metres (66 feet).
- Check the ladder for damage or defects
  - before you set it up
  - after it has been used somewhere else by other workers
  - after it has been left somewhere for a long time.
- Set the ladder on a firm level base. If the base is 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 set up, there should be a clear space of at least 15 centimetres or 6 inches behind each rung.
- When the ladder is fully extended, sections must overlap at least 90 centimetres (3 feet).
- Tie-off or otherwise 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 3-point contact.
- Don't 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 only for access—not as work platforms.

- When you must work from a ladder more than 3 metres or 10 feet up, wear a safety harness and tie off to a well-anchored lifeline or other support—not to the ladder.

- Stand no higher than the fourth rung from the top.

