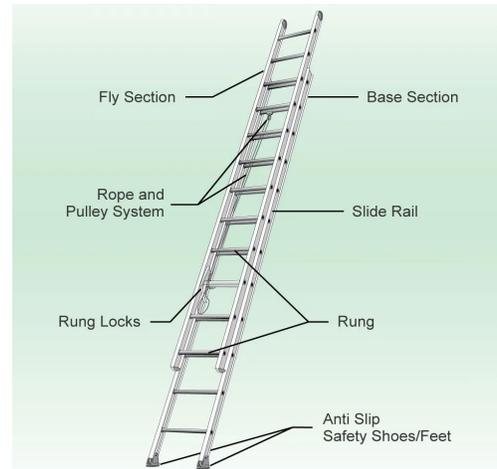


## Fact Sheet **Safe Use of Extension Ladder**

An **extension** ladder is a non-self-supporting portable ladder, adjustable in length. It consists of two or more sections that travel in guides or brackets, which are arranged to permit length adjustment. The size is designated by the sum of the lengths of the sections measured along the side rails. It cannot exceed 44 feet.

RATING	2 SECTION	3 SECTION
Light Duty	32 FT	-
Medium Duty	48 FT	60 FT
Heavy Duty	60 FT	72 FT
Extra Heavy Duty	60 FT	72 FT

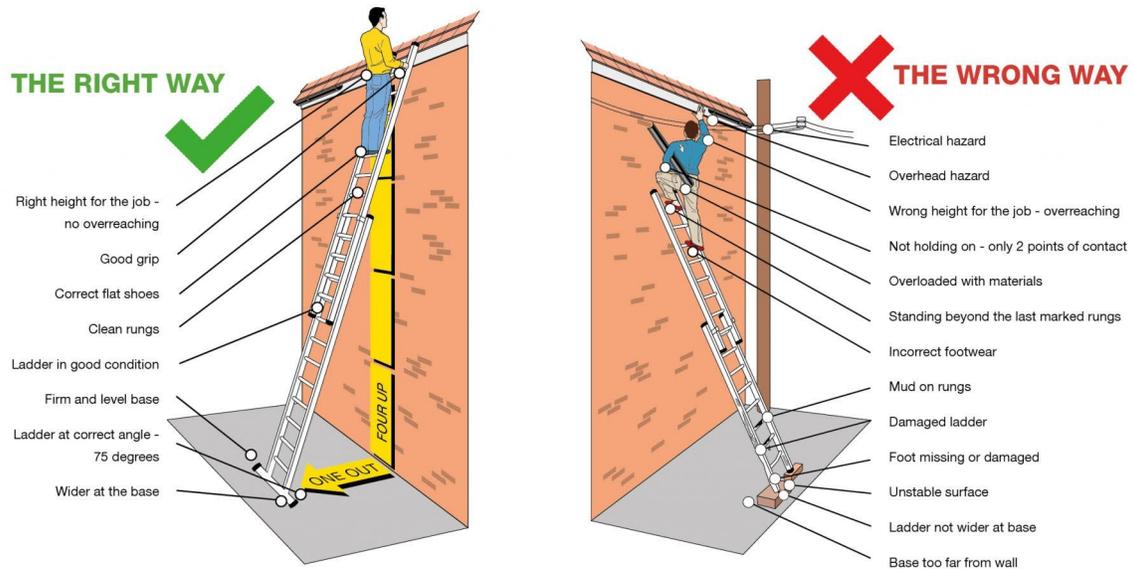


### **Safe** Extension Ladder Uses:

1. Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
2. Face the ladder when climbing or descending.
3. Keep the body inside the side rails.
4. Use extra care when getting on or off the ladder at the top or bottom.
5. Avoid tipping the ladder over sideways or causing the ladder base to slide out.
6. 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.
7. Extend the top of the ladder three feet above the landing.
8. Keep ladders free of any slippery materials.

### **Prohibited** Extension Ladder Uses:

1. **DO NOT** place a ladder on boxes, barrels, or unstable bases.
2. **DO NOT** use a ladder on soft ground or unstable footing.
3. **DO NOT** exceed the ladder's maximum load rating.
4. Tie two ladders together to make them longer.
5. Ignore nearby overhead power lines.
6. Move or shift a ladder with a person or equipment on the ladder.
7. Lean out beyond the ladder's side rails.
8. Use an extension ladder horizontally like a platform.



### Basic principles of safely using ladders:

1. Inspect the ladder for broken or defective parts prior to each use.
2. Face the ladder while climbing and descending.
3. **DO NOT** stand on the top three rungs of ladders
4. Remove damaged or defective ladders from use.
5. **DO NOT** place ladders where they can be accidentally struck or displaced.
6. Tie, block, or otherwise secure portable ladders while in use.
7. **DO NOT** splice ladders together.
8. **DO NOT** use metal ladders for electrical work or near live electrical parts.
9. Mark portable metal ladders with the words – **CAUTION – DO NOT USE AROUND ELECTRICAL EQUIPMENT.**
10. Be sure warning labels are clearly visible and not defaced or painted over.