

According to OSHA *“Workers who use extension ladders risk permanent injury or death from falls and electrocutions. These hazards can be eliminated or substantially reduced by following good safety practices.”*

**OSHA Standard 1910.23(b)(9)** states that the employer must ensure *Ladders are inspected before initial use in each work shift, and more frequently as necessary, to identify any visible defects that could cause employee injury.*

- Remember these important safety precautions when working with extension ladders:
  - **Always visually inspect** all extension ladders before use for any defects such as: missing rungs, bolts, cleats, screws and loose components.
  - **Remove defective ladders from service** immediately.
  - **Never take extension ladders apart** to make two smaller ladders!
  - Extension ladders used to reach another surface must **extend at least 3 feet above the edge** or point of support.
  - Extension ladders must be **placed at a safe angle** to avoid sliding or tipping.
  - **Maintain three points of contact** when climbing an extension ladder. Two hands one foot or two feet and one hand.
  - **Do not overextend** yourself to either side of the extension ladder, this can cause you to lose balance and shift the ladder away from yourself.
  - **Do not carry any load** when climbing an extension ladder that could cause you to lose balance.
  - Always **face the extension ladder when climbing** up or down.
  - **Always use the ladder as intended** and follow all manufacturer’s warnings for the specific type of ladder you are trained to use.
  - Place ladders at a **safe angle** and **block the area** with cones or warning signs to avoid displacement in busy areas.