

Although one of the most common tools used on a construction site, if improperly used, **Extension Ladders** can lead to serious injuries or even fatal incidents. A research study found that ladders are involved in 20 percent of fall injuries among workers and **81 percent of construction-worker fall injuries**.

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 1926.1060(a) states that the employer shall provide a training program for each employee using ladders and stairways, as necessary... to recognize hazards related to ladders and stairways...

- 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 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 over extend** yourself to either side of the extension ladder, this can cause you to lose balance and shift the ladder away from yourself.
 - **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.