



KCA TOOL BOX TALK: Extension Ladders

Each year, construction workers are killed by falls from ladders. The falls are frequently caused by either the slippage or movement of the supports or by workers losing their balance.

Prevent Falls from Extension Ladders:

- Use a ladder in the manner that it is supposed to be used.
- Set your ladder at the correct 4 to 1 angle. For every four rungs, place the ladder back a foot. As a check, with your feet on the feet of the ladder and your arms extended straight forward, you should just be touching a rung of the ladder.
- Screw a 2x4 cleat to the ground behind the ladder's feet to prevent the ladder from slipping backward.
- Tie off the top of the ladder to prevent it from slipping sideways.
- Extend the ladder three feet above the landing.

Signatures

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____

For more information visit OSHA REGULATIONS: 1926.1053