

PestSure  **Safety**
INSURING THE FUTURE OF PEST CONTROL

Tips

A five-minute training Series for Pest Management Professionals.

Extension Ladder Use

Ladder Angle

Proper climbing angle for an extension ladder is approximately 75°. Place the base of the ladder a distance of ¼ of the extended length; away from the structure to achieve the proper angle. Too much of an angle affects the capacity of the ladder. Too little makes the ladder too steep and unstable.

Ladder Use Tips

1. Secure the top of your ladder with a line on your way up so that the ladder will still be in position when you want to descend.
2. Secure the extension rope to the lower section as a back-up for the lock assemblies.
3. Use rubber safety shoes on hard surfaces.
4. Never adjust extension ladder height from the top.
5. When looking for a place to set the ladder, look for solid, level surfaces.
6. Avoid all contact with power lines. If you must work close to power lines use a ladder made of non-conductive material.
7. Stay in the center of the ladder when ascending or descending. Secure the top for stability.
8. Do not stand above the highest safe standing level noted by the ladder manufacturer,(above top three rungs).
9. Inspect the ladder before each use to ensure that it is in safe use condition.
10. Do not extend the center of your torso past either side rail of the ladder(do not over reach).
11. Keep at least 3 points of contact when working from a ladder (your feet and 1 hand).
12. Face the ladder while ascending and descending.
13. Don't carry tools in hand, use a tool belt, or belt designed for ladder work.
14. Wear proper footwear with non-slip soles.
15. Never leave erected ladder unattended.
16. Secure ladders placed in areas such as passageways, doorways, or driveways to prevent accidental movement.

Ladder Levelers - A ladder leveler allows you to use your ladder on uneven surfaces such as sloped grades and stair cases. It works by extending one or the other of two legs to compensate for the uneven surface. A leveler also is typically equipped with feet that are non-slip (teeth) for gravel and grass or slippery surfaces.

Load Ratings - The American National Standards Institute (ANSI) defines the load rating of each ladder and is found printed on a safety label located on every ladder's leg. The type designation of each ladder is a rating of how much weight a single rung on the ladder can bear. Be sure to use a ladder that can handle your weight and that of your tools and materials combined.