

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Safe Ladder Use

Eos: Safe Ladder Use



Portable ladders are one of the handiest, simplest tools we use. Due to the nature of our work in pest control, we could use a ladder on the job almost every day. Although ladders are very basic, planning and care are still required to use them safely. Each year in the U.S., accidents involving ladders cause an estimated 300 deaths and 130,000 injuries requiring emergency medical attention.

LADDER HAZARDS

Ladder accidents typically result from improper selection, care or use. Some of the more common hazards involving ladders, such as instability, electrical shock, and falls, can be predicted and prevented. Prevention requires proper planning, correct ladder selection, safe work practices and regular ladder maintenance.

LADDER USE

- Non-skid feet or spurs may prevent a ladder from slipping on a hard, smooth or slick surface.
- Do not stand on the ladder's top three rungs.
- Do not attempt to reach for an object that will cause you to lose your balance; move the ladder.
- Ladders used to reach a walking surface or roof must extend at least 3 feet beyond the surface edge you will access.
- Extension ladders need both locks holding to prevent overloading a rail.
- The foot of the ladder should be placed 1 foot away from the base for every 4 feet of length.
- Never use a folding step ladder in an unfolded position. Step ladders should be securely spread open.
- Electrical shock can occur with metal or wet wooden ladders. In addition to the injury resulting from shock, falls can occur.
- When working on cylindrical objects like trees, poles and columns use a ladder that has a top rung made of chain or rope to reduce rocking.
- Use a ladder inspection checklist to develop a regular schedule of ladder inspections.
- Face your ladder and maintain three points of contact.
- When carrying an extension ladder, locate the center point and balance the ladder on your shoulder.

