

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Safe Ladder Handling

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Ladders are a vital piece of equipment for the pest control technician. In addition to keeping your ladder in good condition, using it properly to avoid injury, and making certain the ladder is secured to your vehicle before starting out, there is another area that requires some thought and planning regarding ladders. Maneuvering a ladder off the truck and through a typical yard, around obstacles such as lawn chairs and toys, can be challenging, to say the least.

A ladder mounted to the vehicle in some manner or loaded into the truck bed, requires some thought for moving or handling the ladder. Some extension ladders can reach weights in excess of 70 pounds and in addition to the weight; they are unwieldy in size and shape.

Removing and replacing a ladder from the vehicle requires some planning and the application of good body mechanics to avoid strain injuries and to avoid accidents that involve hitting items with the ladder.

Body Mechanics for Ladder Dismount from Truck:

- Park your vehicle in a manner that will allow clear access to the ladder to avoid placing your body in an awkward position
- Check your path of travel for trip hazards and the suitability of the location where you intend to place your ladder, prior to removal from vehicle
- Watch overhead for hazards such as electric lines or tree branches.
- When accessing the ladder, move as close as possible to the vehicle and ladder to avoid reaching and extending
- Handle as little of the ladder total weight at one time as possible when removing or placing the ladder on the truck by placing one end on the ground and sliding the ladder off the mount
- Grasp the ladder in the center to equalize the weight and balance the load prior to carrying

