

This Week's Learning Objective:

Ladder Location and Setup

Materials Needed for this Session:

Identify a couple of people within your company who are familiar with the use of extension ladders to assist during this demonstration.

A copy of the PestSure Safety Tip "Extension Ladder Setup" for each attendee.

An extension ladder for demonstration of the setup.

Leader Notes / Training Outline

1. Review the PestSure Safety Tip "Extension Ladder Setup". Encourage discussion.
2. Review the specific work situations that involve extension ladder use. Have your attendees give input about when they use extension ladders.
3. Demonstrate the ladder setup process and discuss any variations for the process that attendees have utilized to determine the safety of those practices.
4. Ask for volunteers to set up and take down the extension ladder utilizing a few trials. See Leader Tips below.

- _____
- _____



Leader Tips:

Announce the learning objective: Our objective today is _____

Explain to the group why this topic is being reviewed:

- Prevent you from being injured
- Prevent property damage
- .
- .

Ask the **group to discuss** the subject matter and give input by drawing from their work experiences:

- Attendee to relate a personal story involving this objective
- Attendee to share something learned on the job involving this objective
- Attendee to demonstrate their process for setup if different
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PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Extension Ladder Setup

There are several types of ladders in use in our industry. Extension and step ladders are what we see and use most of the time. No matter what the type, ladders in disrepair with broken or missing rungs, damaged side rails, defective construction or the wrong size for the job, should not be used. Let's review some important points when setting up extension ladders.

Prior to using an extension ladder, pick the spot you will set the ladder by visually inspecting the area of access. Look for window ledges, air conditioners, entranceways, level terrain and landscaping making sure nothing will compromise safely climbing, descending or moving the ladder.

Lay the ladder flat and against the building wall. If a wall is not available, or if it is inaccessible, a second person can place his foot on the bottom rung of the ladder and his other foot on one of the ladder feet.



Next, lift the ladder from the top while pushing forward to maintain pressure against the wall. Lift with your legs and make sure the ladder weight is not excessive or beyond your capability to lift it safely. Lift the ladder overhead hand over hand pushing ladder towards the building extending the ladder to your highest point of reach.

Note: When you reach beyond the middle point of setting up your extension ladder, or lift past the middle rung, an increasing force of ladder weight will be working against your lift. The ladder will start to feel top heavy but continue to lift ladder while increasing pressure against the wall. Continue until you are able to rest the ladder against the building. Move the ladder slightly by lifting the ladder base with both arms and move ladder slowly and slightly away from building.

With the ladder now upright, extend the ladder to the desired height using the ladder rope and pulley system or the designed extension system. Keep one foot on the bottom rung to steady the ladder as you extend. The ladder must be close to vertical in position for balance. Once the ladder is extended to the correct working height, carefully rest the top of ladder against the building. To take down ladder, follow this guide in reverse.

Extra Precautions: Do not attempt to set an extension ladder when wind or other weather conditions make it unsafe. Keep at least 10 feet between the ladder and any electrical lines at all times.