

### This Week's Learning Objective:

## Ladder Climbing and Working

### Materials Needed for this Session:

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

A single copy of PestSure Loss Lesson, "Beyond the Climb" to read to the group.

You may wish to have an extension ladder at training for demonstration or illustration.

### Leader Notes / Training Outline

1. Review the PestSure Safety Tip "Extension Ladder Use". Encourage discussion. Specifically discuss any ladder use practices that are outside of the safe practices outlined in the Safety Tip.
2. Read the PestSure Loss Lesson, "Beyond the Climb". Discuss any attendee experience where leaving a ladder unmanned is necessary.
3. Open the discussion to the attendees. See Leader Tips below.

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### 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
- Prevent others from being injured
- .

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
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## Extension Ladder Use

### Ladder Angle

Proper climbing angle for an extension ladder is approximately 75°. Place the base of the ladder a distance of  $\frac{1}{4}$  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.



**PestSure Members,**

**Loss Lesson – Ladders, Beyond the Climb**

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In a recent PestSure claim, the technician was using a ladder to access a roof upon which he was conducting some bird abatement procedures. He safely accessed the roof, completed his work, and descended the ladder. After completion of the job, he left his ladder set-up and unattended for a very brief time during which he completed a couple other tasks.

An onlooker at the job site was standing next to the technician's ladder when a gust of wind blew the ladder down from where it was propped against the building. The ladder struck the onlooker injuring his neck and shoulder. The injury resulted in neck surgery and surgery to herniated discs in his back. The claim is currently anticipated to cost approximately \$800,000.

**Lesson:**

Safe ladder use involves many areas of attention. We first think of safety training related to climbing and descending a ladder but must also include training on ladder transport, set-up, take down, inspection, and monitoring. In this case, it might have been appropriate to lash the ladder due to gusting winds. Remember, a ladder set on the job site should be removed immediately when you are done using it. In the event the ladder remains set, it should never be left unattended.

Please be certain to train your new and existing employees on all facets of safe ladder use. Review the circumstances of this incident with your team and discuss situations that could result in similar mishaps. Develop safe use practices to avoid this and other types of incidents related to ladder use.

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