

This Week's Learning Objective:

Ladder Loading and Carrying

Materials Needed for this Session:

A copy of the PestSure Safety Tip "Safe Ladder Handling" sheet for each attendee.

A single copy of PestSure Loss Lesson "Handling a Ladder" to read to the group.

This session is best conducted around a service vehicle equipped to carry an extension ladder so the group can load and unload a ladder.

Leader Notes / Training Outline

1. Review the PestSure Safety Tip "Safe Ladder Handling".
2. As a group, demonstrate the safe method for loading and unloading an extension ladder from a service vehicle typical in your operation.
3. Read the PestSure Loss Lesson "Handling a Ladder" to the group. Discuss any close calls or accidents that your attendees have experienced with ladder handling/carrying.
4. Open the discussion to the attendees. 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
- .
- .

Safe Ladder Handling

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



From: Midyett, Linda
Sent: Wednesday, November 08, 2006 11:17 AM
Subject: [Loss Lesson - Handling a Ladder](#)

PestSure Members,

In two separate but recent accidents, employees were injured while carrying a ladder. One injury occurred when the employee was moving a ladder along the side of a customer's home. His right foot got caught between two rocks causing him to fall and injure his right knee. His first surgery repaired his knee damage and his second surgery removed the hardware from the initial surgery. He continues to have issues with the knee post surgery.

Our second recent ladder incident occurred when the technician was carrying his ladder down a stairway. He lost his balance and fell causing injury to his wrist. Surgery was required. He continues to have pain and reduced mobility in the wrist post surgery.

A ladder is a necessary piece of equipment in pest control work. In addition to ladder use training, it is important to discuss carrying/handling a ladder on the jobsite.

Lesson:

- Train technicians to check and clear a path of travel prior to moving a ladder into position
- Discuss the increased trip fall hazards caused by carrying ladders due to decreased balance and visibility
- Review: Jobsites change from one visit to the next so it is necessary to assess the hazards on each visit, prior to beginning service at the location
- Make it standard operating procedure to "walk" the jobsite prior to beginning work

The best method to reduce these types of injuries is to train a technician to assess hazards at the jobsite. This training is best conducted in the field and on the job. Please share this loss lesson with your team and develop strategies to prevent injuries caused by ladder handling.

Linda Midyett

Manager, Safety and Loss Prevention

[PestSure](#)