PREPARING TO USE YOUR EXTENSION LADDER:

- CSA: Be sure your ladder is CSA (Canadian Standards Association) approved.
- Ensure the ladder is the correct length – at least 1 metre longer than the working height.
- Selecting: Select a ladder made of non-conductive material such as fibreglass when working around electricity.
- Inspecting: Inspect your ladder for cracks, loose rungs, etc. before using.
- Check Above: Check for overhead wires, lights, etc. prior to erecting the ladder.
- Footing: Place the ladder on a firm, level footing and secure the bottom to prevent slipping. It is good practice to have someone hold the ladder base to prevent slipping.
- Congestion: If ladder is used in a high-traffic area, erect barricades or use pylons.
- Housekeeping: Keep the area around the base of the ladder clear of unnecessary items and debris.

CLIMBING AN EXTENSION LADDER:

- Footwear: Ensure footwear is clean and dry before climbing a ladder.
- Ascending: Face the ladder at all times and keep the centre of your body within the side rails. Maintain a “3 Point Contact” on the ladder at all times.
- Objects: Do not carry objects in your hands while ascending or descending ladder. Use a hoist, attach tools/materials to your belt, or have someone hand them to you.

CAUTION:

- DO NOT Stand on the top two steps or on any attached shelf
- DO NOT Overreach
- DO NOT twist your back while reaching on the ladder
- DO NOT straddle the space between the ladders and another object
- DO NOT work higher than 3 metres (10 feet) on a ladder without a properly secured fall arrest system.