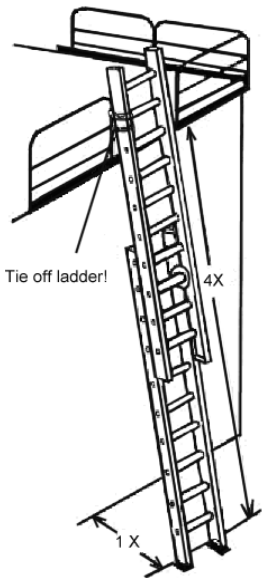


SAFETY INFO



Extension Ladder

For every 4 units rise in height, the ladder should extend out from the wall by one unit.



CAUTION: Never stand on the top two steps of an extension ladder.



CAUTION: Always keep your body between the rails of the ladder.

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.

