

Extension Ladders – Climbing

Facility:	Written By:	Approved By:	Date Created:	Date of Last Revision

Hazards Present:	PPE or Devices Required:	Additional Training Required:
Pinch Points	Eye Protection	
Falls	Support for ladder	
Trips/Slips	Steel Toed Boots	
Electrical Shocks	Protection Hi Visibility Vest	
	Spotter	

Safe Work Procedure:

- 1) Inspect before each use as per inspection procedure
- 2) Follow proper set up procedure
- 3) Do not use ladder if you tire easily, are subject to fainting spells, or are using medication that may impair your balance or vision
- 4) Never leave a ladder set up and unattended
- 5) Securely engage ladder locks before climbing
- 6) Ensure that the top and bottom ends of the ladder rails are firmly supported
- 7) Face the ladder when climbing up or down. Do not over reach. Keep body centered between side rails
- 8) Maintain a firm grip when climbing and working on a ladder (use 3 point rule)
- 9) Do not climb into the ladder from the side unless secured against side motion- or from one ladder to the other
- 10) Do not stand closer to the top than 3 ft. from the top. Never climb above the support point
- 11) Do not walk or shift a ladder while standing on it

If an emergency situation occurs while conducting this task, or there is an equipment malfunction, engage the emergency stop and follow the lock out procedure

REPORT ANY HAZARDOUS SITUATIONS TO YOUR SUPERVISOR

<p>Guidance Documents/Standards:</p> <p>MB Workplace Safety & Health Act & Regulations: 6 PPE 13.8 Ladders 13.11 Portable Ladders 13.14 Extension Ladders CSA Standard CAN3-Z11-M81 (R2005) 14 Fall protection</p>	<p>This Safe Work Procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years</p>
	<p>Reviewed By WSH Committee:</p> <p>Date:</p>