









Safe Work Practice / Job Procedure

Extension Ladder Climbing

Potential Hazards

- Falls from heights
- Pinch Points
- Slips Trips and Falls
- All personnel must ensure they have been appropriately trained by their supervisor.

Required Personal Protective Equipment and Devices

Foot Protection	Hearing Protection	High Visibility	Head Protection	Eye Protection	Face Protection	Hand Protection	Protective Clothing
							

Safe Work Practice

- Do Not let ladders come into contact with live electrical wires
- Do Not use a ladder in high winds

PPE Required

- Foot Protection
- High Visibility Vest
- Head Protection
- Eye Protection
- Hand Protection

Safe Job Procedures

- Inspect before each use as per inspection procedure.
- Follow proper set-up procedure.
- DO NOT USE LADDERS - If you tire easily, or are subject to fainting spells, are using medicine or alcohol that may cause impaired judgment or dizziness, or are physically handicapped.
- To protect children or others from unauthorized use of the ladder, (that could result in the risk of injury to those not properly trained), **never leave a ladder set - up and unattended.**
- Securely engage ladder locks before climbing.
- Check that top and bottom ends of the ladder rails are firmly supported.
- Face the ladder when climbing up or down. Do not over reach. Deep body centered between side rails.
- Maintain a firm grip, when climbing using both hands, when working from the ladder maintains a three point contact with the ladder.

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If an emergency situation occurs while conducting this task, or there is an equipment malfunction, shut the equipment off immediately and follow the lock out procedure.

REPORT ANY HAZARDOUS SITUATION TO YOUR SUPERVISOR IMMEDIATELY

This SWP must be reviewed any time the task, equipment, or materials change and at minimum, every three years.