

EXTENSION LADDER SAFETY

Workplace NL reports In Newfoundland and Labrador, on average, one worker per week is injured due to a fall from a ladder.

LADDER SELECTION

- Select a ladder that is suitable for the task.
- Ensure ladder is rated for the load (worker weight + tools).
- Ensure it complies with CSA/ANSI standards.

INSPECT

- Verify labels are present and legible.
- Check for damage or defects before and after each use. Eg. damaged or missing rungs, dents, cracks, etc.
- If damaged, immediately tag “out of service” and source a new ladder.

PROPER SET-UP

- Set base on stable surface, angle ladder 4:1 ratio.
- Secure the ladder at base and top.
- Extend ladder 3 feet above the level of the landing.
- Setup barricades, if required
- Always stay centered, do not overreach, move ladder, if needed.

USAGE

- Ladder usage is for short duration access and minor maintenance tasks, i.e. caulking and touch up painting.
- Use a tool belt or retrieval system to keep hands free.
- Maintain 3-point contact.
- Always face ladder when climbing.
- Do not stand on the top two rungs.
- When not in use store ladder to prevent damage.



Legislative Reference:
NL OHS Regs, Section 147 - 156