



Extension Ladder Climbing

Developed by:	Approved by:	Date created:	Last revision:
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Possible Hazards Present	Personal Protection Required	Additional Training	
<ul style="list-style-type: none"> - Pinch Points - Falls - Trips, slips - Electrical shocks 	<ul style="list-style-type: none"> - Steel Toed Boots - Hi Visibility Vest - Support for ladder - Spotter 	<ul style="list-style-type: none"> - PPE - Fall Protection 	
<ol style="list-style-type: none"> 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 the ladder (use 3-point contact rule). 9. Do not climb into the ladder from the side unless secured against side motion. 10. Do not climb from one ladder to another. 11. Do not stand closer to the top than 3 feet from the top. Never climb above the support point. 12. Do not walk or shift a ladder while standing on it. 			
Documentation/Legislation Workplace Safety and Health Regulation, M.R. 217/2006 6 Personal Protective Equipment 13.8 Ladders 13.11 Portable Ladders 13.14 Extension Ladders 14 Fall Protection CSA Standard CAN3-Z11-M81(R2005)		<p>This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</p>	