



SAFETY BRIEF

EXTENSION LADDER TIPS

1. Extend ladder 3 feet beyond contact point with support.
2. Tie off or have someone support ladder base. Add a ladder stabilizer to span windows. Avoid working in high winds.
3. Always maintain 3 points of contact: 2 hands and a foot, or 2 feet and a hand. Don't lean too far—keep belt buckle within side rails. Always face the ladder. Don't carry tools and materials on ladder. Use a tool belt to keep your hands free or pull materials up with a line.
4. Don't use a damaged ladder; remove from service. Be sure rungs are kept free of oil or other slipping hazards.
5. Set up at a safe angle—for every 4 feet in height, put ladder base back 1 foot (approximately 75 degrees). Put your toes against the ladder's feet. Stand straight up and extend your arms. The palms of your hands should just reach the ladder's rung.
6. Secure the base using cleats or tie ropes to both ladder legs beneath the lowest rung and tie the other end to a solidly anchored object at or near the base of the wall. Be sure feet are level—use leg-levelling extensions or scrape out a shallow trench under the high-side foot.

OTHER CONSIDERATIONS

- Choose the right ladder for the job. Consider your weight, plus the weight of any tools, materials and equipment.
- Working near electricity? Use a wood or fiberglass ladder.

Type	Duty Rating	Use	Load
1AA	Special Duty	Rugged	375 lbs.
1A	Extra Heavy Duty	Industrial	300 lbs.
1	Heavy Duty	Industrial	250 lbs.
II	Medium Duty	Commercial	225 lbs.
III	Light Duty	Household	200 lbs.



Home Office: 717 Mulberry St. | Des Moines, IA 50309 | 800-447-2295 | www.emcins.com |

Disclaimer: This material is designed and intended for general information purposes only, and is not intended, nor shall be construed or relied upon, as specific legal advice.
©Copyright Employers Mutual Casualty Company 2016. All rights reserved. RI0303