

# IS YOUR EXTENSION LADDER PROPERLY SECURED?



When setting up an extension ladder, it is crucial to secure both the base and the top. Failing to do so may cause the ladder to slide out at the bottom or tip over sideways. Here are some tips to help prevent such incidents from occurring:

## Secure The Base:

- Make sure both feet are on firm, level and non-slippery surfaces.
- Stake or tie-down the top and bottom of an extension ladder to prevent outward slipping.
- Use the spike position of swivel safety shoes or spur plates on penetrable surfaces.
- Never use any foreign objects like wood blocks or bricks to gain elevation or level a ladder.
- Ladder levelers are accessories designed to stabilize a ladder on uneven surfaces.



## Secure The Top:

- Place both rails against a firm top support.
- When accessing an upper surface, the ladder must extend three feet above the top support, such as a roofline.
- The ladder should be tied or secured against sideways motion at the upper access level before climbing onto or off the ladder at the upper level.
- Ladder stabilizers enhance stability when working at heights, particularly near walls, windows, and eaves.
- When climbing onto an elevated surface, do not step over the extended ladder rungs. Instead, step sideways onto the roof holding the extended portion of the ladder for support.
- When a ladder top is supported on a pole, use a V-rung accessory and ladder lash to secure the top.
- When climbing the ladder, keep your hands free for climbing.



## **FOR MORE INFORMATION:**

American Ladder Institute

[www.americanladderinstitute.org](http://www.americanladderinstitute.org)

National Campaign to Prevent Falls in Construction

[www.stopconstructionfalls.com](http://www.stopconstructionfalls.com)

