

Climbing Ladders

Make sure ladder rungs are free from mud, grease and other debris that can cause slips.

Climb with hands on outer rails. This ensures a three point contact is maintained.

A three point contact means two hands and one foot on ladder at all times.

Do not carry anything in your hands when climbing the ladder.

Do not climb above the third rung from the top (see manufacturer's recommendation on ladders)

If you must carry coax or other cable, make sure it does not create a trip hazard and make sure it is attached to your body so it will release should it be caught or pulled. Do not carry in hands.



Working at Elevation

When you have reached the work space, there are specific things you need to do depending on the type of structure you are working on. Basic rules for all work is:

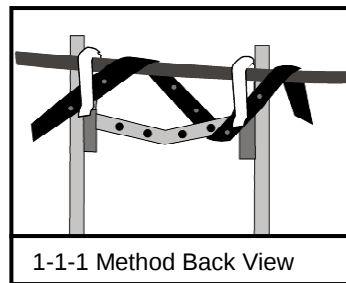
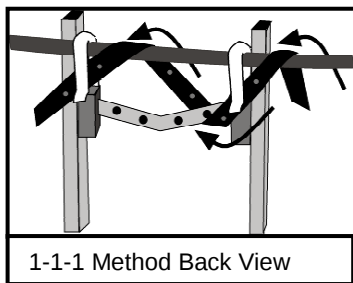
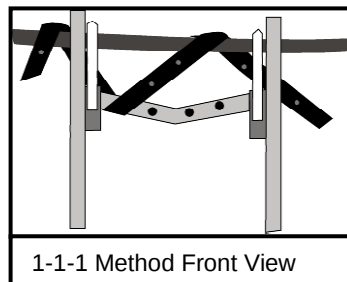
Do not extend your body outside the rails of the ladder. Keep your sternum within the rails. Don't Lean out! If you can't reach the work, descend, and re-position the ladder.

It is company policy that all employees wear and use their PPE whenever using the ladder to access the tap, pole, strand, lockbox, mid-span point or side of a fixed structure. Disciplinary action up to and including termination will result for non-compliance.

A fiberglass extension ladder or bucket-truck are the only acceptable means of reaching elevated working areas. CLIMBING THE PEGS OF THE UTILITY POLE OR "GAFFING" IS NOT AUTHORIZED AT ANY TIME.

On a mid-span, you must secure yourself to the ladder and the strand (1-1-1)!

1-1-1 Method is accomplished by using your pole strap. With one end connected to a D-ring, pass the free end of the positioning strap outside the rail, under the strand, up between the rails, wrap around strand and rung, back over strand and down to outside of rail, connect to D-ring.



Working at Elevation (*continued*)

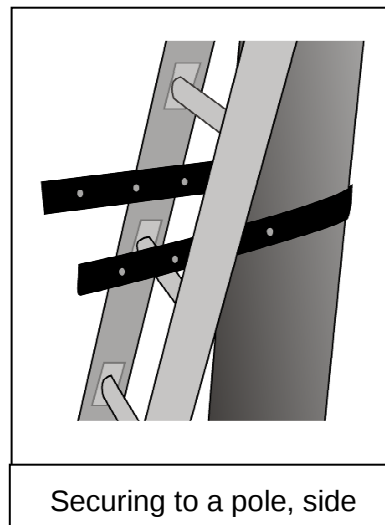
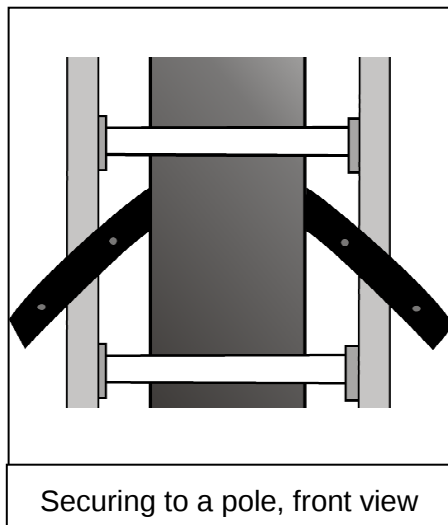
When you are working **on a pole**, the following method of securing yourself to the pole should be followed:

If possible use your pole strap and belt off above the strand

Pass the free end of the strap inside the ladder side rail.

Pass around the back of the pole.

Bring the free end of the strap through the inside of the opposite side rail and snap to D-ring.



NOTE:

Do not belt on to a ladder that is not tied off to a secure support. A ladder resting against a building wall is usually not secured to the building.

Other Ladder Handling Concerns

Falls are not the only injury that can occur from handling ladders. We discussed earlier the need to properly unload and carry the ladder. Failure to do this correctly can result in strains and sprains.

When raising and lowering the fly section of an extension ladder, be aware where your hands and feet are at all times.

Raise and lower the fly section three rungs at a time. This will help prevent finger and foot injuries.

Keep hand on rails, not rungs during raising and lowering operations.

Keep feet off of rungs when lowering. If the rope slips and your foot is on a rung, it can be seriously injured.



Summary/Conclusion

Falls are the number two cause of accidental death in the United States.

Falls from ladders in our industry are a very serious problem and result in serious injuries and deaths.

Follow proper work procedures to reduce the potential of you becoming a FALL statistic!