

**BELL SYSTEM PRACTICES**  
**Outside Plant Construction**  
**and Maintenance**

**SECTION G83.620.5**  
**Issue 1, January, 1949**  
**AT&T Co Standard**

**EXTENSION LADDERS**  
**SAFETY PRECAUTIONS**

**1. SAFETY PRECAUTIONS**

1.01 Whenever possible, ladders used on strand should be placed from the field side in order to avoid danger from passing vehicles.

1.02 If a ladder must be placed at a location where it may be struck by vehicles or pedestrians, arrangements shall be made to have a workman guard the ladder. In addition, warning flags or signs shall be displayed in the most advantageous locations if the ladder is in the lane of vehicular traffic.

1.03 Observe the following precautions when using extension ladders:

(a) Do not use ladders with broken or missing rungs or with broken side rails or broken locks.

(b) Only standard wooden extension ladders shall be used.←

(c) Do not place ladders on boxes, barrels, or other objects to obtain additional height; obtain a ladder of sufficient length to do the work.

(d) When the surface on which the ladder is resting is of such a nature that the ladder may have a tendency to slip, the instructions given in G83.620.2, Paragraph 2.03 shall be followed.

(e) Do not place a ladder inside an angle formed by wires← where loosening of the wire attachments might cause the ladder to fall.

(f) Keep hands off the rungs when raising or lowering the upper section of an extension ladder. Keep in clear when← top section is being lowered so that it will not strike workman's foot.

(g) Avoid spilling or spattering paraffin on a ladder. Wood coated with paraffin is very slippery and may be the cause of an accident.

(h) Before climbing a ladder, make certain that the ladder locks are properly engaged and the ladder rope is securely tied to one of the rungs of the lower section.

(i) Observe particular care when going up and down ladders during wet or icy weather.

(j) Do not climb a ladder while wearing climbers.

- (k) Do not hurry in going up or down a ladder. Take one step at a time. Always face the ladder when going up or down, and be sure that you have free use of both hands.
- (l) Only one workman shall be on a ladder at any one time.
- (m) **When a ladder is securely placed, held by a workman, lashed, or otherwise secured so that it cannot fall, the workman on it may improve his security by passing one leg between the rungs. If the top end of the ladder is secured, such as to suspension strand or other support, the workman may increase his safety by passing his lineman's safety strap around one rung, or between two rungs and around one side rail. When the ladder is properly placed on strand, the safety strap may be passed around the strand and one side rail, and between two rungs.**

The workman should always remember to first make the ladder secure, and then make himself secure on the ladder, so that he will not fall if he slips, becomes unbalanced, or if something else goes wrong. The manner in which the workman secures himself to the ladder will depend, of course, on the security of the ladder, and the nature of the work to be done.

- (n) Do not throw tools or materials to a man working on a ladder; raise them by means of a handline or canvas bucket. Be careful that tools or materials being used aloft do not fall on persons passing below.
- (o) When working on a ladder do not attempt to lean so far that the outside shoulder is more than 12 inches out beyond the side rail. Your foot may slip, causing you to lose your balance, or the weight thrown to one side of the ladder may cause it to slip at the top. Move the ladder to the proper location.
- (p) When working on ladders do not leave the wire or handline with which you are working lie on the ground within reach of passing vehicles. A wire or rope caught on a passing vehicle may pull you off the ladder.
- (q) Do not slide down an extension ladder.
- (r) An extension ladder should never be carried from one position to another while extended, but should first be lowered and then extended again at the new location.
- (s) When carrying a ladder on the shoulder, the spurs shall be pointed forward and downward.
- (t) When carrying a ladder, or removing it from a motor vehicle, take care to avoid swinging the ladder into the path of passing vehicles or pedestrians.
- (u) Avoid placing ladders in contact with power wires. ←
- (v) Do not tie drop wires or pulling lines to ladders. ←