

## **Ladder Safety Training at Harvests**

(Demonstrate each point as it is made in the text.)

These are aluminum, tripod, orchard ladders that were bought with a grant from the Barbara Knudsen Foundation. We want to take good care of them. You can climb these ladders only if you are 13 years or older and have passed the online test or listened to this safety orientation.

The ladders have a hinge at the top so the pole can move. The pole moves only inward and outward; it does not move from side-to-side. Trying to force it to the side can damage the hinge.

Set up the pole so that it is midway between the feet. Set it up so that it is the right distance from the steps. If it is too close you can fall over backwards; if it is too far away the ladder is weak and can collapse or the pole can slide out. You can tell if it is the right distance by standing with your toes on the line between the feet and, if you reach out your arms, you can just touch the rails.

When climbing the ladder use both hands and feet. Do not stand above the third step from the top.

When picking, keep both feet on the step. Do not do this (lean out with one foot off the step). Do not lean out too far. Do not lean out past your belt buckle. This is okay; this is too far.

You can pick the most efficiently if you move the ladder around the tree often. Move it around a tree by standing under it, putting one hand through the steps and grabbing the step below and holding the pole with the other hand. Lift the ladder off the ground. It is easiest to turn and reposition the ladder this way.

When carrying the ladder a distance, stand next to it with the pole next to your body. Reach over the edge and grab the pole.

The feet and top have sharp edges so be careful when carrying the ladder near other people.

Please bring the ladder back here when you are done picking.