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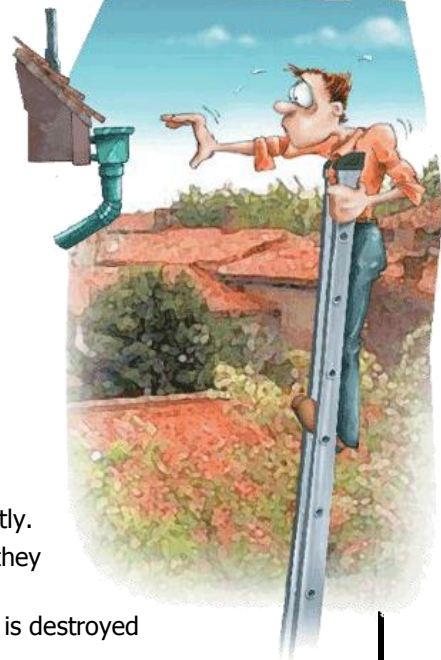
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Falls from Ladders

Falls are a leading cause of workplace accidents and falls involving ladders are all too common. Falls from ladders are also just as common when working around the home. Many of these accidents cause serious injury and death.

Follow these guidelines for safer use of ladders:

- ◆ Before using a ladder, make sure it is in safe repair. Check the rungs, the side rails and the feet are in good condition and secure.
- ◆ Look for any warp or twist in the shape of the ladder.
- ◆ When using an aluminum ladder, check for signs of wear and damage. These might include corrosion or loose rivets.
- ◆ Extension ladders should be checked for wear, damage to the ropes, pulleys and locks.
- ◆ With a stepladder, make sure the spreaders are in good condition and operating correctly.
- ◆ Check to see that the feet on the ladder have slip-resistant material on them and that they are clean and in good condition.
- ◆ If you find any defects in a ladder, tag it and remove it from service. This will ensure it is destroyed before someone else can use it.
- ◆ Never paint a wooden ladder. This can hide cracks and other defects. A clear finish or a wood preservative should be used instead of paint.
- ◆ Choose the right ladder for the job. Ensure the length is sufficient and it is strong enough to support you and any tools or materials.
- ◆ Never use a ladder made of metal or with metal reinforcement for any electrical work. This means you shouldn't even use an aluminum stepladder — not even for changing a light bulb!
- ◆ To set up a straight ladder safely, use the four to one rule. For every four feet in height, the base of the ladder should be one foot away from the wall.
- ◆ Place the base of the ladder on a solid, even and stable surface.
- ◆ Have someone hold the base of the ladder, or tie or block it. Also have someone hold onto the ladder while you are tying it off at the top.
- ◆ Do not climb onto the top few rungs of any ladder.
- ◆ You need to use both hands to climb safely, so carry your tools on a belt. Another alternative is to hoist tools and materials up after you climb.
- ◆ Wear non-slip footwear to climb a ladder.
- ◆ Do not reach too far away from a ladder. One way to make sure you maintain the right center of gravity is to keep your belt buckle between the two stiles of the ladder at all times.
- ◆ Moving a ladder is a job for at least two people to ensure the ladder does not fall or strike anyone or anything.
- ◆ When moving or setting up a ladder, take extreme care to steer clear of any overhead electrical installations such as wires or power lines.



Falls cause many serious injuries and deaths, and ladders are involved in many of these accidents. Whether at home or at work remember to follow these ladder safety tips.