

Ladder Safety: It is Your Responsibility to Use Ladders Safely

Each year, there are more than a half million people treated¹ and about 300 people who die¹ from ladder-related injuries in the US. The estimated annual cost of ladder injuries in the US is \$24 billion, including work loss, medical, legal, liability, and pain and suffering expenses¹. A ladder is a simple tool that helps you reach places you cannot otherwise access. An accident involving a ladder can put you on the sideline for an extended period of time. So before you grab one and begin to climb, consider the following safety information.

Ladder Safety Rules

1. Always face the ladder when ascending and descending.
2. While working, always have one hand to grasp the ladder.
3. Never stand on the last step and the top cap of a step ladder.
4. Do not move, shift, or extend a ladder while you are on it.
5. Never overextend your reach.
6. Stay aware of your actions so you do not lose your balance.

When using a ladder, remember the acronym **CLIMB**.

- **C** - Choose the right ladder for the task at hand.
- **L** - Look for damage or missing parts.
- **I** - Install the ladder on a stable and level surface.
- **M** - Move carefully using the three points of contact.
- **B** - Be safe and not a statistic.

Ladder Safety Checklist

Select the correct ladder for the job (e.g. extension vs. stepladder)	✓
Inspect the ladder at the beginning of your work shift	
Install the ladder on a level surface	
Use the proper extension ladder setup angle	
Set up the ladder correctly and securely	
Use fall protection as required by the job task	
Climb and descend ladders slowly, using both hands	

Nobody wants to be a ladder-fall statistic, be laid up, not able to work, or worse. The next time you need a ladder to perform a task, keep these safety tips in mind. Your safety on a ladder starts with you!

References

¹Center for Disease Prevention and Control (CDC), It's Ladder Safety Month, March 13, 2017, <https://blogs.cdc.gov/niosh-science-blog/2017/03/13/ladder-safety-month/#:~:text=Each%20year%20in%20the%20U.S.,pain%20and%20suffering%20expenses1.>

Additional Resource:

OSHA 1926.1053 Standard for Stairway and Ladder Safety <https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926.1053>

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