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"The safety of the people is the highest law"

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## Watch Your Step - Ladder Safety Tips

## Thousands Injured in Falls from Ladders

Ladder accidents are a major safety problem at home and at work. Reports show that 2% of all work place accidents are caused by falls from ladders. At home thousands are injured in falls from ladders. Usually the injuries are severe, resulting in work loss of over one month or more. Chang, "Portable Ladders", *Professional Safety*, September 2005.

## The Three Common Causes of Falls

The three most common causes of ladder accidents are: 1. leaning and reaching from the ladder; 2. the ladder slipping out from its base; and 3. ascending or descending without use of both hands as anchor points.

Remember, the ladder is not designed to be a work platform. The ladder is designed only as a means to move from one level of elevation to the next. When work must be performed at an elevated level you need some type of scaffold.

Safety Hook

To prevent the ladder's base from slipping-out, be sure you have the correct angle of incline - that is the angle formed by the ladder and the wall. Some ladders have an "L" symbol on the side to help you get the right angle. The long arm of the "L" must be vertical to the wall. Next, be sure the base has a non-slip surface. Oil or water on the base surface can cause the ladder to slip-out. Please tell your family and friends about these safety tips. Thank you.

Respectfully,

William C. Faber, Jr.