

Ladder Safety: Preventing Falls



A Safety Alert from Garage Experts

The Bureau of Labor Statistics (BLS) reports that falls from ladders are one of the most common injuries suffered by American workers each year. Most of these incidents occur because victims violate the basic rules of ladder safety. To help prevent ladder injuries on the job, be sure to practice the following safety tips.

- Always use caution when using a ladder—they are tools. Don't use a ladder for any other than the intended purpose. Follow instruction labels regarding proper use.
- Take your time. Don't be in a rush to finish a job.
- Make sure the weight that your ladder is supporting doesn't exceed its maximum load rating (including yourself and your materials) and only one person should be on a ladder at a time.
- Keep your body centered between the rails of the ladder at all times. Don't lean too far to the side while working.
- Don't step on the top step or bucket shelf, or attempt to climb or stand on the rear section of a stepladder.
- Don't over extend your reach; rather, reposition the ladder.
- Step down from a ladder if you feel tired or dizzy.
- Do your part to keep injuries out of the workplace—use ladders safely.

Safety is everyone's responsibility—Make sure you do your part!