

# LADDER SAFETY

The Consumer Product Safety Commission estimates that every year more than 90,000 people receive emergency room treatment because of ladder use.

## A FALL FROM A LADDER AT ANY HEIGHT CAN CAUSE A SERIOUS INJURY OR DEATH

### SAFE WORK PRACTICES FOR LADDER USE

- Inspect the ladder prior to use.
- Do not place ladders on slippery or uneven surfaces.
- Always have at least 3 points of contact when using a ladder.
- Do not carry materials in your hand when climbing a ladder.
- Your belly button should always be between the side rails of the ladder.
- Remember to follow these practices even when using ladders at home.