

Falls are the leading cause of deaths and injuries in the construction industry. But falls aren't the only way to get hurt on a ladder. Contact with overhead powerlines can be fatal.

Aluminium conducts electricity. A fiberglass ladder is a better choice when working near electricity.

IS A LADDER THE RIGHT EQUIPMENT FOR THE JOB?

FOR WORK AT HEIGHT, CONSIDER USING A SCAFFOLD OR AERIAL LIFT. THE WIDER WORK PLATFORM AND GUARD RAILS CAN REDUCE THE RISK OF FALLS.

TO AVOID A FALL...

INSPECT THE LADDER BEFORE EVERY USE!

Inspect the rails, rungs, feet, and spreaders or rung locks for defects or damage every time you use a ladder. If you see any damage, tag it "do not use" and request another ladder in proper working order.

POSITION YOUR LADDER PROPERLY!

Make sure you have a level, solid footing for your ladder and position the ladder near your work to avoid overreaching.

USE THE LADDER SAFELY!

Maintain three-point contact with the ladder at all times.

Have a co-worker hold the ladder to steady it as you climb up and down and always face the ladder when moving up or down.