

CONSIDER CAREFUL CLIMBING

SIX TIPS TO REACH THE TOP SAFELY

EVERY YEAR,
500,000
PEOPLE ARE TREATED
FOR LADDER-RELATED
INJURIES—300 OF THOSE
INCIDENTS PROVE
TO BE FATAL.

1. Always inspect the ladder prior to use. If it is damaged, notify a supervisor to have it removed from service.
2. Make sure the ladder is free of any slippery material on the rungs, steps, or feet.
3. Read and follow all labels on the ladder. Do not exceed the maximum recommended load rating.
4. Always place the ladder on a level surface. Avoid placing ladders on unstable surfaces like boxes or tables.
5. Always maintain three points of contact. This can be two feet and one hand or two hands and one foot.
6. Do not use the top step/rung of the ladder.

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Source: *American Academy of Orthopedic Surgeons