



NATIONAL
LADDER SAFETY
MONTH

Ladder Safety at Home

Changing light bulbs around the house? Trying to get that glass down from the top shelf in the kitchen? Ladders are constantly used around the home and more often than not, they're being used incorrectly.

Don't let a simple task put you out of commission with a serious injury. Ladder injuries are more common than you think:



136,118

Emergency room visits per year related to **LADDER INJURIES**



19,000

Emergency room visits per year from **HIGH HEEL RELATED INJURIES**



11,000

Injuries per year from **HOUSE FIRES**



3,836

Emergency room visits per year from **MICROWAVES**



16

SHARK ATTACKS per year in the United States

Take safety into your own hands by taking ladder safety seriously.
Visit www.LadderSafetyMonth.com to learn more.

National Ladder Safety
Month is presented by



CWIS

SAFETY BEFORE THE FIRST STEP

Are you taking the time to properly inspect your ladders before starting to work? A thorough inspection must be made when the ladder is initially purchased and each time it is placed into service. Here are a few reminders of what you should be inspecting:

- Locks and spreader braces
- Steps and rungs
- Rails
- Connections and fasteners
- Safety shoes
- Ropes and pulleys

Here are some steps to follow before taking your first step onto the ladder:

- Thoroughly inspect the ladder to ensure it is in good working condition.
- Clean the ladder feet as well as the climbing and gripping surfaces.
- Read the safety information label(s) on the ladder.
- Confirm that the ground where the ladder is set-up is firm and level, or use approved accessories, such as ladder levelers.
- Ensure that any surrounding doors are blocked from opening, locked or properly guarded.
- If you're using a ladder outdoors, ensure that the weather is safe for ladder use.
- Clean the soles of your shoes to maximize traction and avoid slipping.
- Ensure that you are not tired, dizzy or prone to losing your balance before using the ladder.
- Use towlines, a tool belt or an assistant to carry materials so that your hands are free when climbing.

Find everything
you need at:
laddersafetymonth.com

