

## **ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: LADDER HOME SAFETY DO'S & DON'TS**

Ladder use at home should be no different than on a jobsite. Below is easy to follow and important information you should know before you do repairs, or anything at home, that requires a ladder.

### **Just the facts.**

- According to Injury Facts, falls are the third leading cause of unintentional injury-related deaths and the top cause of nonfatal injuries.
- In 2017, 36,338 people died from falls at home or at work.
- According to the American Academy of Orthopedic Surgeons, every year 500,000 people are treated for ladder-related injuries and approximately 300 of these incidents prove to be fatal.
- Falls from as little as 2 feet can disable or even kill you.



### **Always check the condition of the ladder before use.**

Before use you, inspect the ladder:

- A broken, damaged or defective ladder should not be used.
- Ensure the ladder is free from oil, grease or other substance that could cause you to slip.
- Clean climbing and gripping surfaces before use if they are slippery.
- Check that support braces and bolts are secure. Look for worn or sharp edges.
- Check for bent, cracked or missing rungs, or back supports.
- Ensure the slip resistant feet are in place and in good condition.
- Ensure the ladder is not corroded or rusted.

### **Rules to follow when using a ladder.**

- Do NOT bring home a ladder from a jobsite if it's been retired from use. If it's not safe to use on a jobsite, it's not safe to use at home!
- Select the right ladder for the job by checking the style, size and load capacity.
- Do not use chairs, tables or other items not intended to be used as a ladder.
- Avoid using ladder if you are dizzy, tired or impaired.
- Face the ladder and use both hands when going up and down ladders.
- Do not lean or overreach; reposition the ladder instead.
- Do not move ladder while in use.
- Don't skip steps when ascending or descending the ladder.
- Only one person at a time should use the ladder.
- The areas around the top and base of ladders must be kept clean and free of tripping hazards.
- Metal ladders must not be used near energized electric equipment.
- Ladders must be used on a stable surface and be secured to prevent displacement.
- Open step ladders completely and lock the spreaders. Do not use a stepladder as a straight ladder.
- Do not stand on the top two steps and keep tools off steps when not working from ladder.
- After the extension ladder has been raised to the desired height, check the safety latches to ensure they are engaged and the extension rope is secured to a rung on the base section of the ladder.

***Provided by the ASA – Houston Chapter Safety Committee***

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