

Each year in the U.S., falls from ladders result in more than 160,000 injuries and 300 deaths.

Those numbers are unacceptably high, because with a little education on proper use, those figures could be much lower.

So, let's cover some overlooked basics for ladder safety.

- Inspect the ladder before using it to make sure it's in good condition
- Make sure the base of the ladder is level and secure
- For every 4 feet in height, set the ladder's base 1 foot out from the wall – this simple [4-1 ratio](#) eliminates the risk of falling backward
- Ensure the ladder is extended a minimum of 3 feet above the landing place, for an easier, safer exit
- Secure the top of the ladder to the landing place
- Don't stand on the top two steps, or above the highest standing level
- Carry tools in a tool belt, not in your hand
- Keep at least 3 points of contact when working on ladder (either 2 hands and 1 foot, or 2 feet and 1 hand)
- Wear flat, closed-toe shoes with non-slip soles
- Always face the ladder when climbing up or down

Take these tips to heart when you pull out a ladder and share them with others—we can reduce the number of accidents through awareness.

Until next time, stay positive and stay safe.

Look for the [Ladder Safety APP](#) for iPhone or Android in your app store. The measuring tool in the App uses visual, sound, and vibration cues to set an extension ladder at the proper angle!

Get the Ladder Safety App



Learn more:

www.cdc.gov/niosh/topics/falls

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