



### How are you increasing ladder safety on the job and at home?

#### Every step matters: From step stools to extension ladders, make sure you're putting the right foot forward.

Every year over 100 people die in ladder-related accidents, and thousands suffer disabling injuries. Join the American Ladder Institute (ALI) and participate in the third annual National Ladder Safety Month February 24 - March 30. This important month was designed to raise awareness of ladder safety and to decrease the number of ladder-related injuries and fatalities.

#### What is National Ladder Safety Month?

National Ladder Safety Month is the only movement dedicated exclusively to the promotion of ladder safety, at home and at work. Help us bring awareness to the importance of the safe use of ladders through resources, training and a national dialogue.

ALI, the only approved developer of safety standards for the U.S. ladder industry, is the presenting sponsor for National Ladder Safety Month.

These are the different areas of focus throughout March 2019:

**February 24 - March 2: What is Ladder Safety?**

**March 3 - 9: Ladder Safety Training and Year Round Partners**

**March 10 - 16: Ladder Safety at Work**

**March 17 - 23: Ladder Safety at Home**

**March 24 - 30: Ladder Inspection and Disposal**

ALI believes ladder accidents are preventable, but without better safety planning and training and continuous innovation in product design, we will continue to see far too many fatalities. Please join ALI and its members in sharing this message with the world year-round.

**The “why”:** Every life saved is precious- The goals of National Ladder Safety Month are to:

- Increase the number of ladder safety training certificates issued by ALI
- Increase the frequency of ladder safety training modules that are viewed on [www.laddersafetytraining.org](http://www.laddersafetytraining.org).
- Lower the rankings of ladder-related safety citations on OSHA’s yearly “Top 10 Citations List”
- Decrease number of ladder-related injuries and fatalities
- Increase the number of in-person ladder trainings
- Increase the number of companies and individuals that inspect and properly dispose of old, damaged or obsolete ladder

For more information, links and resources for National Ladder Safety Month, visit <https://www.laddersafetymonth.com/About/National-Ladder-Safety-Month>



# Monthly Toolbox Talk

BIE Safety Advisor

## Using Step Ladders Safely

Stepladders are commonly used in the construction industry and at home, but they require careful use. They are not designed for any degree of side loading and are relatively easily overturned. Avoid over-reaching. People have been killed getting down from workplaces such as loft spaces when they have stepped onto the top step of a stepladder, which then overturned.

- Ensure stepladders are positioned on level ground and used in accordance with the manufacturer's instructions.
- Do not use makeshift or home-made ladders or carry out makeshift repairs to a damaged ladder. Check the ladder carefully for any cracks or loose pieces.
- Make sure all four feet of the ladder are on a firm, dry, level surface.
- Be sure to clear the ground area around the ladder before climbing.
- Only use stepladders ladders in a fully open position. Lock the side braces and cross braces before climbing.
- Do not use a stepladder as a straight ladder in a folded and leaning position.
- Always wear proper footwear with good tread when climbing.
- Do not stand on the top two steps of the ladder unless they are designed for standing.
- Watch for people working under or around the ladder.
- Keep your body centered on the middle of the ladder.
- Do not lean to reach items while standing on the ladder.
- Get someone to assist you when working with a ladder.
- Avoid lifting or carrying any heavy items while climbing up or down the ladder.
- Use a ladder made out of non-conductive material for electrical work.
- Do not use stepladders to support work platforms.



Information for the Tool Box Talk Provided by National Ladder Safety Safety Month, [www.laddersafetymonth.com](http://www.laddersafetymonth.com) and The OSHA Alliance Program

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