

LADDER HAZARD INFORMATION

In 2016, there were **172 fatal falls** from **ladders** among workers (U.S. Bureau of Labor Statistics). The appropriate use of ladders ensures workers go home safe and sound every day. Use the information below to help find and fix ladder hazards in your company and keep workers safe.

CORE ELEMENTS OF SAFETY AND HEALTH PROGRAMS

1. Management Leadership



2. Worker Participation



3. Finding & Fixing Hazards



COMMON MISTAKES MADE WITH LADDERS

- Standing on the top step of step ladders
- Using a step ladder that is not the right size for the job
- Not inspecting ladders before use, resulting in the use of damaged ladders
- Using step ladders on loose or uneven ground
- Overreaching while on a ladder, causing center of gravity to shift beyond the ladder side rails
- Not using three points of contact when ascending or descending the ladder
- Not facing the ladder when descending
- Skipping ladder rungs/steps when descending

COMMON INJURY EVENTS ON LADDERS

Fatal Events

- Falls to lower level
- Exposure to electricity

Nonfatal Events

- Falls to lower level as a result of tip overs
- Falls from ladder losing footing after insecure ladder placement
- Collapse of ladder from damaged spreader
- Falls from losing grip while climbing
- Exposure to electricity

RESOURCES ON FIXING HAZARDS

- American Ladder Institute's (ALI) [Ladder Safety Training Program](#), including four free training videos that cover stepladders, single and extension ladders, articulated ladders, and mobile ladders. You can even earn a ladder safety training certificate upon successful completion of each training.
- [Ladder Safety 101](#). Learn more about choosing the right ladder for the job and information on various types of ladders.
- [Ladder Safety Checklist](#). Take safety into your own hands by following this simple ladder safety checklist.
- [Video: 5 Most Common Ladder Safety Mistakes](#). See what ladder safety mistakes often lead to serious injury.
- [Video: 5 Safety Tips for the 3 Most Common Ladders](#). Learn how to use the most common ladders, including stepladders and A-frame ladders.
- [Ladder Safety Standards](#). ALI is the American National Standards Institute (ANSI) approved developer of safety standards for the ladder industry.