

LADDER SAFETY – ONE STEP AT A TIME

Ladders are a common tool that are used for maintenance and decorating both within the home and at work. Whether used indoors or outdoors, ladders potentially can be dangerous and life threatening if not used properly. Prior to use, closely consider the task at hand, and properly set up your work space for a sturdy and safe outcome.

Falls are the third leading cause of unintentional injury-related deaths and the top cause of nonfatal injuries, according to the National Safety Council. In 2017, 36,338 people died and 8,591,683 nonfatal injuries occurred from falls at home or at work.

Choose The Right Ladder

- Think about the task at hand, choose the right size and style for the job
- Follow the directions on the ladder before you climb

Start With A Sturdy Foundation

- Place the base of the ladder on a firm and solid surface
- Make sure stepladders are open and locked completely before climbing
- Block doorways near any type of ladder so no one can open it and knock you off
- Never place a ladder on a box or other unstable base to gain additional height
- Never lean a straight or extension ladder against a window pane or other unstable surface
- Securely fasten straight or extension ladders to an upper support

Climb Carefully

Often when people use ladders frequently at work or at home, they run the risk of becoming complacent. Make sure every time you step on a ladder you are mindful of the task at hand.

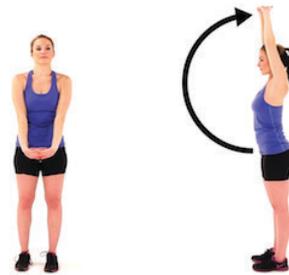
- Never use a ladder if you feel dizzy, tired, or are impaired
- If using a ladder outside, do not use in windy or inclement weather
- Wear slip-resistant shoes with clean soles for maximum traction
- Face the ladder and always grip the rungs, not the side rails
- Keep three points of contact on the ladder: Two hands and one foot, or two feet and one hand
- Don't lean or overreach; reposition the ladder instead
- Don't climb while carrying tools; use a tool belt

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Proper stretching and exercise before working with a ladder can help mitigate accidents. Below are some stretches and exercises to try prior to any physical work, including ladder use. Hold each stretch for 30 seconds and perform each exercise once performing 10 repetitions each. This will help prepare your body and allow for warm-up.

1. Overhead Stretch

- Stand with fingers laced together, palms facing outward
- Keeping your elbows straight, raise arms overhead



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2. March in Place

- Begin standing in an upright position
- Slowly lift one knee to hip height, hold briefly
- Start to lower leg back down, repeat with opposite leg
- If needed, use an object for support



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3. Hamstring Stretch

- Begin standing in an upright position
- Slowly lift one knee to hip height, hold briefly
- Start to lower leg back down, repeat with opposite leg
- If needed, use an object for support



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If you are experiencing any pain or problems please call our **medical care management team** at **1-888-986-7886**. Our care coordinators are ready to hear from you.



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