

SAFETY MATTERS



This content is brought you as a benefit of your NFIB membership and is provided by Markel, NFIB's preferred source for workers' compensation safety and loss control information.

Ladder Safety

What Causes Falls From Ladders?

The three most common causes of ladder accidents are: using the wrong ladder for the job, using a ladder in poor condition and using a ladder improperly.

Other accident causes include:

- Holding objects while climbing or descending
- Wet or greasy shoes
- Unsecured ladders
- Inadequate inspection
- Lack of safety instruction

What Steps Can be Taken to Reduce the Risk of Falls?

- Inspect all ladders prior to use
- Follow ladder safety rules
- Use common sense
- Avoid risky behavior
- Report ladder problems and repair or remove from service

What are Some Ladder Safety Rules?

- The base of a straight ladder should be 1 foot from the wall for every 4 feet of ladder height (from base to support point)
- Straight ladders must extend at least 3 feet above the level you are accessing
- If a ladder is defective, remove from service and mark Do Not Use
- Never stand on the top step of a ladder
- Never use metal ladders around electricity, flammables or corrosives
- Never fasten two ladders together
- One person at a time on a ladder
- Face the ladder when climbing or descending
- Always use 3 points of contact (one hand and two feet or two feet and one hand)
- Carry tools on a belt or shoulder strap
- Never climb a ladder if you are impaired
- Keep centered and close to the ladder
- Don't lean too far or reach too high
- Don't try to reposition a ladder while on it

Content provided by:



LADDER SAFETY

Falls remain a leading cause of unintentional deaths nationwide with 43% of fatal falls in the last decade involving a ladder. Among workers, approximately 20% of fall injuries involve ladders. (Occupational Ladder Fall Injuries—CDC)

It is important to be aware that even falls from the shortest of heights can cause disabling injuries. Accidents can be prevented when we understand the hazards and take proper precautions.

For more safety resources, visit [NFIB.com/safetymatters](https://www.nfib.com/safetymatters)

The information provided is intended for general informational purposes only and should not be considered as all-encompassing, or suitable for all situations, conditions, and environments. Please contact Markel's Loss Control Services at (888) 500-3344 or your attorney if you have any questions.

Markel Specialty Commercial's insurance products and services are offered through Markel Specialty, a business division of Markel Service Incorporated. Policies are written by one or more Markel insurance companies. Terms and conditions for rate and coverage may vary.