

Ladder Safety

SAFETY SHARE COURTESY OF: Lauren Selvik, TXAPA Administrator



As the leaves begin to fall in Texas, it's that time of year to get the ladder out! From Nov. 1-Jan. 31, falling off a ladder caused 43% of fall injuries that required medical treatment. Follow these ladder safety tips to prevent a potential injury this holiday season:

- Before using or moving your ladder, read the safety label.
- Inspect the ladder for cracks, loose rungs, and sharp edges.
- Clean your ladder to prevent slippery conditions and always wear slip-resistant shoes.
- Make sure your ladder is tall enough for the job.
- Set your ladder on firm and even ground.
- When using a non-self-supporting ladder, be sure to position it at such an angle that the horizontal distance from the top support to the foot of the ladder is about 1/4 the working length of the ladder.
- Always use the "Three Points of Contact" rule during ascent, descent, and while working on a ladder: The climber must face the ladder and have two hands and one foot, or two feet and one hand in contact with the ladder steps, rungs and/or side rails. This way, the climber is not likely to become unstable in the event one limb slips during the climb.
- Do not carry any objects in either hand that can interfere with a firm grip on the ladder.

Whether you are cleaning the leaves out of your gutters or hanging Christmas lights, stay safe this holiday season following these ladder safety tips.