



Safety Message of the Day for IMEA Members



Ladder Use General Safety Message

Ladders are an essential tool on many job sites and at home across the United States. Because of their widespread use and the inherent danger of working at heights, they are responsible for a significant number of injuries both on and off the job. Understanding the hazards of using a ladder, following the necessary safe work practices, and avoiding complacency can be a lifesaver.

- * According to the American Academy of Orthopedic Surgeons, every year, 500,000 people are treated for ladder-related injuries.
- * According to the BLS, 50% of all ladder-related injuries occurred when the individual was climbing with objects in their hands.
- * Fractures are the most common type of ladder-related injury.

Common Causes of Ladder Falls

Unsafe actions when using ladders— People often do not follow safe work practices when using ladders. Standing on the top step of a ladder is a common and deadly practice. Other actions like climbing up a ladder carrying objects, leaning to reach for something, and attempting to move the ladder while still on it are some common practices that lead to injuries.

No inspection prior to use— Problems such as cracked or broken rungs, loose bolts, non-approved fixes, etc., lead to injuries.

Not using the correct ladder— People will often use the same ladder for many different jobs and situations. Choosing a ladder that is too short for the job is often a problem that leads to an injury. Also, choosing a ladder not stable enough for the ground conditions or one that is not rated properly for the job are issues that can lead to injury.

Discussion points

Does anyone have a personal story about someone they know who was injured while using a ladder?

What are other hazards to consider when using a ladder?