

# NBSIA Member Services Safety Bulletin

February 2018

## LADDER SAFETY

Falling from a ladder can lead to serious injury or fatality. In the last decade, 43% of fatal falls involved ladders (according to the Centers for Disease Control). Safe and proper use of ladders can prevent falls.

### Major Causes of Ladder Fall Incidents

#### *Incorrect Extension Ladder Setup Angle*

In approximately 40% of cases, the leading cause of ladder-related injuries is a ladder sliding out at the base due to an incorrect setup angle. Ladder users tend to set extension ladders at shallower angles than the optimal desired angle (75 degrees).

#### *Inappropriate Ladder Selection*

Selection of ladder with the proper duty-rating is also important to avoid structural failure. Be sure to choose the right ladder for the task at hand.

#### *Insufficient Ladder Inspection*

You can reduce the likelihood of ladder structural failure by practicing regular inspection and maintenance.

#### *Improper Ladder Use*

Activities such as overreaching, carrying objects, applying excessive force, slips, and missteps are also frequent causes of ladder-related injuries. While using a ladder, be sure to maintain three points of contact, never reach or lean, and never stand on the top step of the ladder.

#### *Lack of Access to Ladder Safety Tools and Information*

NBSIA can help you prevent ladder involved injuries through proper training. Learn which ladder is appropriate for the job, how to safely set it up, use it and more. *Contact us today to schedule a Ladder Safety Training.*

### NIOSH Ladder Safety App



NIOSH (National Institute for Occupational Safety and Health) has created a Ladder Safety mobile app, designed to improve extension and step ladder safety. The app delivers ladder safety tools, information, reference materials, and training resources into the hands of individual ladder users wherever and whenever they are needed.



The app is available for both iOS and Android devices, in English and Spanish, is a free download and provides the following tools:

- *Angle Measuring Tool* — Uses visual, sound, and vibration signals to make it easier to set an extension ladder at the proper angle of 75 degrees, and to check the verticality of extension and step ladders.
- *Selection Tool* — Provides a procedure to select the minimum required ladder duty rating corresponding to user characteristics and task.
- *Inspection Tool* — Includes a comprehensive checklist for ladder mechanical inspection.
- *Proper Use Tool* — Presents a set of rules for safe ladder use in a user-friendly format.
- *Accessories Tool* — Describes a number of available ladder safety accessories.

***For further information regarding ladder safety or to schedule your next Ladder Safety Training, please contact our Member Services department.***

#### Resources

- <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6316a2.htm>
- <https://www.cdc.gov/features/ladder-safety-app/index.html>
- <https://www.cdc.gov/niosh/topics/falls/mobileapp.html>



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