

# HAZARD ALERT

## FALLS FROM STEPLADDERS CAN KILL

*WorkSafeNB has received a number of accident reports involving workers falling from stepladders. On average, 10 workers die every year after a fall from an elevation.*

### Recent Accidents

*A business owner sustained fatal injuries after falling from the top of a six-foot stepladder. He had been performing some maintenance activities and was about to descend to the floor when he fell.*

*A young worker sustained some minor injuries and was knocked unconscious when he fell approximately five feet from a 10-foot stepladder in a retail store. He was placing some merchandise onto shelving and as he was descending the ladder gave out and he fell, striking his head on the floor.*

### Stepladder Safety Tips

#### 1. Position the ladder properly

- Fully open the stepladder on a level surface and lock its spreader in place.
- Never use a stepladder folded up and leaning against a surface.
- Ensure a proper size, type and grade of ladder is used for each task. Avoid household ladders on job sites.

#### 2. Use a ladder that is long enough

- Never climb on top step or shelf of a stepladder.
- Never place the stepladder on unstable surfaces such as boxes or scissor lifts to gain extra height.

#### 3. Climb and use the ladder carefully

- Maintain three-point contact with the ladder while climbing (such as one hand and two feet).
- Brace yourself with your free hand.
- Always face the stepladder treads while climbing.
- Never overreach or lean to one side while using a stepladder. Always keep your shoulders within the rails.
- Never carry heavy or bulky objects that may make going up or down a ladder unsafe.
- Stepladders should only be used for light duty tasks of short duration. Avoid strenuous work such as pushing or pulling.

