Am I in danger?
If you use a ladder on a construction site, then the answer is **YES**.

Falls are the leading cause of deaths and injuries in the construction industry.
- Each year, more than 4,000* construction workers are injured so seriously by ladder falls that they miss work.
- Each year, more than 70* construction workers die in falls from ladders.

Electrocution Hazard

Falls aren’t the only way to get hurt on a ladder!
Contact with overhead power lines can be fatal. Make sure your ladder is positioned at least 10 feet away from power lines.

Aluminum conducts electricity. A fiberglass ladder is a better choice when working near electricity.

To avoid a fall …

1 **Inspect the ladder before every use**
   - Inspect the rails, rungs, feet, and spreaders or rung locks for defects or damage **every time** you use a ladder.
   - If you see any damage, **tag it** “do not use” and request another ladder in proper working order.
   - Always check your ladder’s duty rating to make sure it will support you and your toolbelt!

2 **Position your ladder properly**
   **For all ladders:**
   - Make sure you have a level, solid footing for your ladder.
   - Position the ladder near your work to avoid overreaching.

   **For extension ladders:**
   - Set the base one foot away from the building for every four feet of height.
   - Tie off the ladder at the top – and bottom where possible!

   **The minute you take to tie off could save your life.**

3 **Use the ladder safely**
   - Maintain three-point contact with the ladder at all times: two hands and a foot or two feet and a hand.*
   - Do not use the top step/rung of a ladder unless it was designed for that purpose, or stand on the top three rungs of a straight, single, or extension ladder.*
   - Have a co-worker hold the ladder to steady it as you climb up and down.
   - Always face the ladder when moving up or down.
   - Do not carry tools and materials while climbing. Use a rope to haul or hoist materials to the upper level.


To learn more visit:
- [www.StopConstructionFalls.org](http://www.StopConstructionFalls.org)

To get more of these Hazard Alert cards and cards on other topics, Call 301-578-8500 or visit [www.cpwr.com](http://www.cpwr.com).

Is a ladder the right equipment for the job?
**For work at heights**, consider using a **scaffold** or **aerial lift**. The wider work platform and guard rails can reduce your risk of falls.