NSC Preventing Slips Trips and Falls



Proper ladder setup to prevent injury.

Proper ladder setup will help prevent slips and falls whether at work or home. Ladder safety may seem simple, but too many injuries continue to occur every year.

Tips to stay safe

- Choose the right ladder for the job and make sure you have received training on how to use it properly
- Check the area you will be working in for hazards, such as cords or objects in the walkway
- Carry a ladder horizontally while tilting it higher in front and lower in back
- If the ladder is particularly long and heavy, get a coworker to help you carry it
- Inspect the ladder before and after a job – don’t use a damaged or unsafe ladder
- Read all warning labels carefully and follow directions before you climb
- Place the base of the ladder on a firm, solid surface
- Make sure the top of the ladder has…