



Steps to Ladder Safety

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May 11, 2017 - Many miners use ladders daily, and over 120 miners are injured each year due to ladders. The National Institute for Occupational Safety and Health (NIOSH) analyzed Mine Safety and Health Administration non-fatal injury data involving ladders to determine the impact of these injuries. These results along with a review of Occupational Safety and Health Administration and American National Standards Institute (ANSI) standards yielded a few simple steps that miners should take when using ladders. The following infographic outlines these steps to ladder safety.

For further information on NIOSH research about preventing slips, trips, and falls in the workplace, please visit <http://go.usa.gov/x96XT>.

For further information, please visit www.cdc.gov/niosh/mining.

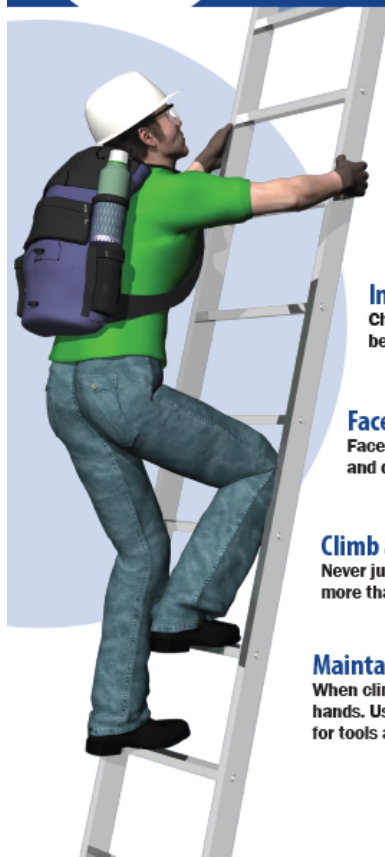
Please click the image below for a PDF version of this infographic.

Steps to Ladder Safety

21

days lost
per injury

Each year, **121** miners
are injured on ladders.



Wear safe shoes

Wear shoes that have heels with a defined front edge.



Remove contaminants

Clean debris, mud, ice, or grease from the ladder and from your gloves and shoes.

Inspect the ladder

Check for defects such as broken, loose, or bent parts before climbing.

Face the ladder

Face the ladder when climbing up and down.

Climb and descend carefully

Never jump from a ladder or climb more than one rung at a time.

Maintain three points of contact

When climbing, don't carry anything in your hands. Use a backpack or shoulder strap for tools and personal items.



To learn more, visit www.cdc.gov/niosh/mining



Reported data is based on an analysis of nonfatal injuries reported to MSHA between 2010 and 2015 involving ladders. Recommendations are based on CFR 30 56.11011, CFR 29 1926.1053, and ANSI ASC A14.3-2008.

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