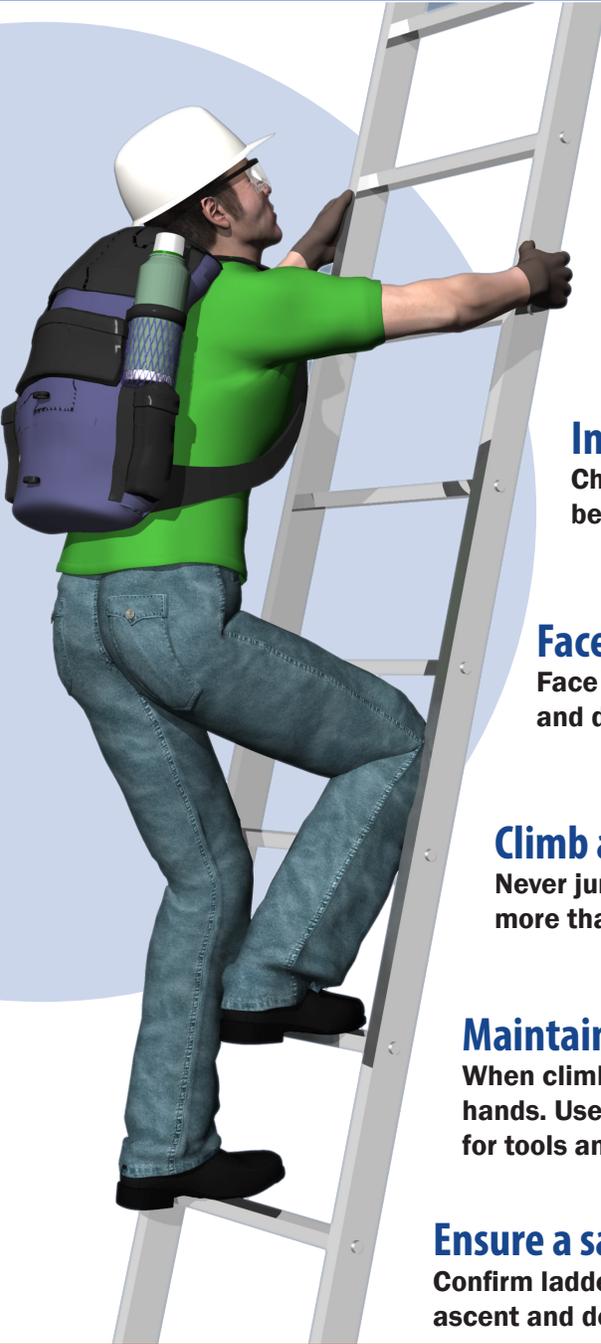


Steps to Ladder Safety

Over a six-year period, **121** miners were injured while using ladders.*

On average, **21** days were lost per injury



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.

Ensure a safe angle

Confirm ladder is at a safe angle for ascent and descent.



Illustrations by NIOSH

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

Download the NIOSH Ladder Safety App, www.cdc.gov/niosh/topics/falls/mobileapp.html, which includes **October 2020** an angle measuring tool, a checklist for mechanical inspection, and descriptions of ladder safety accessories.

Disclaimer: Mention of any company or product does not constitute endorsement by the National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention.

