

Steps to home ladder safety

Around the home, ladders are linked to more deaths and serious injuries than any other product.

You don't have to fall far off a ladder to be seriously injured; 1–2 metres can be enough. Falling can result in broken limbs, spinal cord damage, severe brain injury or even death.

✓ Do's

- ✓ **Check** – your ladder is in good condition and right height for the job
- ✓ **Set up** – your ladder in a safe position clear of powerlines and obstacles
- ✓ **Climb safely** – Face your ladder at all times and stay in the centre
- ✓ **Working** – Work within arm's reach from your ladder at all times

✗ Don'ts

- ✗ **Don't** – lean a ladder on an unstable or slippery surface.
- ✗ **Don't** – work from the top rung of the ladder.
- ✗ **Don't** – carry heavy or large tools while climbing.
- ✗ **Don't** – overreach.

i More information

Visit aci.health.nsw.gov.au/home-ladder-safety

