



## LADDER SAFETY MONTH

BY: DANIELLE OLIPRA

---

March is National Ladder Safety Month and as always, Medcor is thinking about all the hard workers we support and their safety on the job. Falls are the leading cause of fatalities in the construction industry, and ladders cause most fall-related injuries. If you use ladders in your workplace, keep reading for tips on ladder safety.

### LADDERS AT WORK

When used correctly, ladders are convenient to help you finish lofty jobs. But because we've all used ladders in daily life, we get comfortable with them, and too many workers ignore the safety standards for using ladders. You can decrease the probability of an accident or injury at work if you complete ladder safety training, use ladders last, and use them according to instructions.

Every employee in a workplace needs to be aware of ladder safety and participate to lower the chance of incidents. Learn more about Medcor's [Worksite Safety Training](#) to improve safety on your worksite.

### USE LADDERS LAST

The "Ladders Last" program began in the construction industry but can apply to any workplace. The program is meant to prevent falls and save lives by reducing the use of ladders overall. Using a ladder always comes along with a risk of a fall, so think twice before resorting to one. Consider all the alternatives to ladders that are safer such as aerial lifts or scissor lifts, scaffolding, or moveable stairs.

### USE ACCORDING TO INSTRUCTIONS

If you don't have alternatives available, ladders can still be safe if you use them correctly. The majority of ladder-related accidents occur when the ladder is being misused, so another

part of a Ladders Last program is education on ladder safety. When you do need a ladder and can't use an alternative, make sure you:

- › Use the right ladder for the job and don't go above the height you need to complete the task.
- › Inspect the ladder before each use and check for a dated inspection label.
- › Use according to manufacturer instructions. These will include placing the ladder on a solid surface and not leaning it against an unstable surface.
- › Wear slip-resistant shoes or boots whenever climbing on a ladder.
- › Always keep either two hands and one foot, or two feet and one hand, on the ladder.
- › Have another employee nearby whenever possible.

When you use ladders last and use them according to the manufacturer's directions you can reduce slips and falls on your worksite. Large construction sites and small businesses alike both benefit from practicing ladder safety.

Medcor makes your worksite safer with ladder safety training. Learn more about Medcor's **Worksite Safety Training**.

#### References

1. [OSHA Ladder Safety for General Industry | Safesite \(safesitehq.com\)](https://www.safesitehq.com/oshaladder/)
2. [Slips, Trips and Falls - National Safety Council \(nsc.org\)](https://www.nsc.org/slipstria/falls)