

# Can You Afford Unpaid Time Off Work?

## Use Ladders Safely!

It is not surprising that hundreds of ladder injuries occur at work! What may be surprising is that falls from elevation are the number one cause of injuries in the home.

A Statistics Canada Report for 2003 states that as a result of falls from elevation, which includes ladders, there were five deaths per 100,000 people in Canada. This means that approximately 1,500 Canadians died as a result of falls from elevations!

There are also hundreds of injuries suffered by homeowners each year as the result of ladder accidents.

This continuing tragedy is made worse by the fact that homeowners, unlike workers, may not be insured.

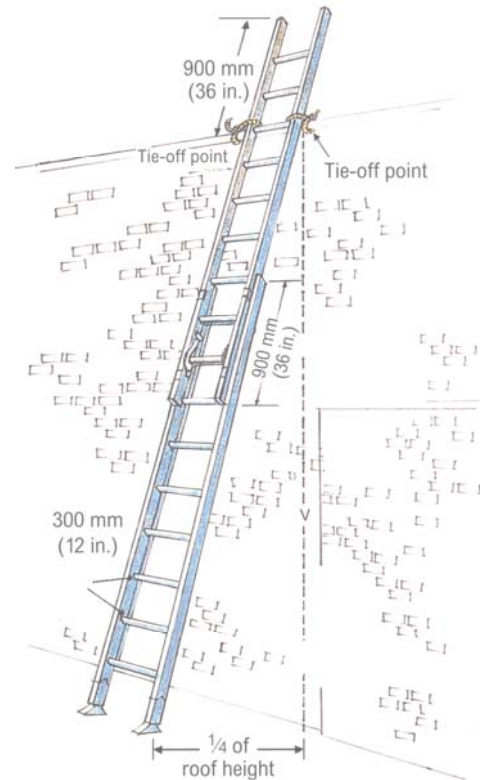
WorkSafeBC statistics for construction indicate that the average amount of work time lost due to an injury from a ladder accident is 59 days.

That's a long time to try to manage household finances while trying to recover from an injury!

The good news is that almost all ladder accidents are preventable! Here are some safety tips that you can use to increase your safety and prevent ladder accidents.

### MAKE SURE YOU:

- use the right ladder for the job
- set your ladder up at an angle ratio of one foot horizontal from the wall for every four feet the ladder extends vertically
- extend your ladder three feet past the upper landing to which it provides access
- securely tie off your ladder at the top and at the bottom



**Don't Be a Statistic!**

For more ladder safety tips visit [www.worksafebc.com](http://www.worksafebc.com)