

ACCIDENT ALERT

Falls from stepladders can kill

A health and safety message from the WCB

The WCB has recently received a number of accident reports involving workers falling from stepladders. On average, 10 workers die every year after a fall from an elevation. The links to resources in this bulletin may help to prevent similar incidents at your workplace. **Please pass this newsletter along to friends, family, and colleagues.**

Stepladder safety tips

1 Position the ladder properly

Fully open the stepladder on a level surface and lock its spreaders in place.

Never use a stepladder folded up and leaning against a surface.

2 Use a ladder that is long enough

Never climb on the top two steps of a stepladder.

Never place the stepladder on boxes or unstable bases to gain extra height.



3 Climb and use the ladder carefully

Maintain 3-point contact with the ladder while climbing (such as 1 hand and 2 feet).

Brace yourself with your free hand, if possible.

Always face the stepladder treads while using a stepladder.

Never overreach or lean to one side while using a stepladder.

Never carry heavy, bulky, or other objects that may make going up or down a ladder unsafe.

Recent accidents

- A business owner sustained fatal injuries after falling approximately 9 feet from a stepladder while performing carpentry work over the entrance to his shop.
- A worker fell to the ground from a 6-foot stepladder while placing product (chairs) on a 7-foot elevated display area. The worker sustained hip and back injuries, and possibly a head injury.

Additional resources

For additional resources visit www.healthandsafetycentre.org/enews/ha/aa2004-09.htm