Ladder Safety
Falls Prevention

Falls from ladders can be dangerous. As you work on projects around your house, follow our tips to ensure you are following best practices to keep yourself safe!

- Always inspect the ladder before use. You want to check for damage as well as materials that can make it slippery like grease, oil, or mud.

- Use ladders only on stable and level surfaces unless it has been secured to prevent it from moving or falling.

- Check the maximum load rating of the ladder and make sure to stay under it. Remember the load includes not only you, but your tools and supplies.

- Avoid using a ladder if you feel dizzy, tired, or impaired in any way.

- Wear slip-resistant shows with clean soles to maximize traction on the runs.

- Keep three points of contact with the rungs of ladder, whether that is two feet and one hand or one foot and two hands.

- Take your time when climbing down so you don't accidentally miss a step.

- Invest in a tool belt rather than climbing while carrying tools.

Falls aren't inevitable, they are preventable

For more information, check out UVMHealth.org/InjuryPrevention

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