

Ladder Safety

Expert Advice from Cove Risk Safety Services



Safety
Awareness
For
Everyone

Watch your Step: Ladder Safety Reminders for Any Workplace

Regardless of what kind of workplace you maintain, the likelihood is that you have a ladder somewhere. Everyone needs to change a lightbulb or reach a high shelf now and then, which means that your employees need the occasional refresher on ladder safety. Falls from ladders are a leading cause of occupational injuries and fatalities, so make sure that any employee who uses one is familiar with ways to reduce the likelihood of a fall. Here are just a few best practices to reduce the risk of ladder injury:

1. Keep the stomach ("belly button" area) centered between the ladder's side rails both while climbing and while working.
2. Avoid overreaching or leaning in order to avoid a sideways fall off the ladder or having it tip.
3. Avoid trying to move the ladder while standing on it (or having someone else do so).
4. Use a towline, tool belt, or another person to transport tools and materials so that the climber can keep both hands available while climbing.
5. Remember the "three points of contact" rule: **Two hands and one foot, or two feet and one hand**, in contact with the ladder's steps, rungs, and/or side rails at all times.
6. Never stand on top of the ladder.
7. Place the ladder to extend three feet above the landing if it will be necessary to climb off at an upper level.

[Read more](#) for additional guidelines for ladder safety, including policies and safety standards that the employer should follow. Another available resource is the NIOSH [ladder safety app](#), which offers solutions for ladder safety on the go.

This information has been sent to you by Cove Risk Services, administrator of your workers' compensation group. Additional safety related information can be found on the [Cove Risk Services](#) website. These FREE resources are provided to members only as part of the Safety Awareness for Everyone (S.A.F.E) program