

- Keep three points of contact on the ladder at all times – two hands and one foot, or two feet and one hand while climbing, and two feet and one hand when working.

If you must use two hands when working, then use another part of the body (such as thighs, torso or shoulder) as the third point of contact to brace against the ladder or adjacent structure.

- Never carry heavy or unstable items up the ladder. Carry tools in a tool belt. Raise or lower larger tools or materials using a hand line.
- F** • Never climb higher than the third step from the top of a straight ladder.
- If you are looking up when working make sure you take regular breaks.

For more information on ladder safety visit www.acc.co.nz/homesafety

Most injuries in the home are caused by falls – and they can be very serious. Many occur outside, on and around ladders, where there can be a long way to fall!

The good news is that almost all these injuries can be prevented with a little care, attention or planning ahead.

Here are some important tips to help prevent falls when you're using a ladder.

Even if you're an old hand at DIY and use a ladder all the time, please take the time to have a read.

You never know, it might remind you to take that one extra step that saves you, a family member, or a friend a lot of unnecessary pain and suffering.

**SAFETY
begins at
HOME**



www.acc.co.nz/homesafety
0800 844 657



Ladder Safety

Staying safe on ladders





B Ensure the ladder is secure and on level ground

A Secure ladder feet with sandbags

C Angle the ladder 1 out and 4 up

D Always keep the step/rungs free of clutter



E Always keep your belt buckle between the uprights

F Keep your feet at least three rungs below the top

Questions you need to ask when using a ladder

1. Is a ladder the best and safest way of doing the job?

- Ladders are not designed as working platforms so make sure a ladder is the appropriate tool for the purpose. For big jobs, such as painting your house, consider using scaffolding or hiring a professional.

2. Check the ladder before use. Is it safe?

- Never use a ladder with missing, broken or loose parts – it's just not worth the risk.
- If you are buying a ladder, look for the standards approved label (AS/NZS 1892.1:1996). Also read the instructions before you use it.

3. Set up the ladder with care.

- A** • Use a ladder with slip-resistant feet and ask someone to hold it steady. If that's not possible, then steady the ladder feet with sandbags or nail a solid piece of wood into the ground so that the ladder feet rest against this for support.

- B** • Place the ladder on firm, level ground.
- C** • Straight ladders should be one metre out at the base for every four metres of height. Stepladders should be fully opened and both stay bars locked in place.
- Ensure the ladder extends one metre above the landing place (eg, roof line) and is at least four metres clear of power lines.
- If possible, tie a straight ladder to something stable as close to where it rests on the wall as possible to prevent movement.

4. Use the ladder safely.

- D** • Never have tools or other items resting on the steps or hanging from the rungs. However, if you are painting, a hook for your paint tin on the side of the ladder is recommended.
- E** • Never over-reach sideways – keep your belt buckle between the ladder uprights. Climb down and move the ladder regularly to avoid over-reaching.