

# March is Ladder Safety Month

March is National Ladder Safety Month. Take the time to review ladder safety and ensure your ladder maintenance and inspection programs are effective, as well as promoting the safe use of ladders – both at work and at home. According to the National Institute for Occupational Safety and Health ([NIOSH](https://www.cdc.gov/niosh/)), ladder fall incidents result in more than 500,000 treatable injuries and around 300 fatalities each year. Let's look at some information to share and validate at your organization to mark the observance of ladder safety throughout March.

## TRAINING

Do your employees understand the top five causes of ladder fall incidents? According to [NIOSH](https://www.cdc.gov/niosh/), the causes include: incorrect setup angle, inappropriate ladder selection, insufficient ladder inspection, improper ladder use, and lack of access to ladder safety tools and information. You can communicate this information to your employees through an email blast, safety briefing, or even a new ladder safety training to educate them on these causes and promote safe ladder use.

## INSPECTION AND MAINTENANCE

There are many times when you should inspect your ladders: before you purchase a new ladder (to ensure correct type); before placing a ladder into service; before each use; and after the ladder experiences a tip-over, fall, or drop. Review ladder inspections records to ensure your ladders are inspected as intended and action is taken on any identified deficiencies. Any ladders with known deficiencies need taken out of service until fixed or replaced.



Image courtesy of Creative Commons

## SAFE USE

Proper safe work practices must be followed to avoid ladder incidents at your organization. Observe employees to ensure they use ladders safely. If not, be sure retrain employees and take other actions to encourage safe ladder use.

## ADDITIONAL INFORMATION

For additional information and resources, visit the following:

NIOSH Ladder Safety App	<a href="https://www.cdc.gov/niosh/topics/falls/mobileapp.html">https://www.cdc.gov/niosh/topics/falls/mobileapp.html</a>
American Ladder Institute, Ladder Safety Month	<a href="https://laddersafetymonth.com/">https://laddersafetymonth.com/</a>
OSHA Construction eTool –Ladder Safety	<a href="https://www.osha.gov/SLTC/etools/construction/falls/4ladders.html">https://www.osha.gov/SLTC/etools/construction/falls/4ladders.html</a>

For additional information on the SMCX's services, please visit the SMCX-hosted website at: <https://www.smscx.org/>.