

Every year, thousands of workers are injured, some fatally, as a result of falls from stairways and ladders. Most of these falls occur for one simple reason: failure to exercise care. Falls from stairways and ladders are so common that many organizations have developed safety regulations and programs to help reduce accidents. By complying with recommended and/or required safe work practices, employees can help eliminate many of the causes of falls from stairways and ladders.

**Tone: Dramatization**

**Key Training Points:**

- When using stairways, take time to be safe. Slow down and watch your step.
- Avoid carrying objects on stairways that obstruct your view or cause a loss of balance.
- Always use the handrails on stairways.
- Keep stairways free of slipping and tripping hazards.
- Take special precautions around temporary stairways used during the process of construction. Keep stairways free of hazardous projections, such as protruding nails, and keep stairs free of slippery conditions.
- Inspect ladders before each use.
- \* Remove grease, oil or other slippery conditions from ladders before using. Keep shoes free of grease, oil, or mud.
- When climbing ladders, maintain three points of contact with the ladder..two feet, one hand...or two hands, one foot.
- Do not climb past a safe height.
- \* Avoid overreaching.
- Use ladders on stable and level surfaces unless secured to prevent accidental movement. Use slip-resistant shoes.
- When positioning straight ladders, position the ladder base one foot away from the wall for every four feet of ladder height.
- When working around live electrical equipment, use nonmetal ladders or ladders with non-conductive side rails.

**Answers: 1. A, 2. D 3. A 4. D, 5. D**