



LADDER SAFETY

When using a ladder make safety matter. For further information about ladder safety you should visit **www.productsafety.gov.au/laddersafety matters**

In any year, over 1600 people aged 65 and over are hospitalised because they fell from a ladder, and of those, over 60% of the injuries occurred in or around their own home.

When using a ladder:

- choose the right ladder for the job
- don't work in wet and windy conditions
- take time to set up your ladder
- work safely up the ladder
- have another person hold the ladder
- know your limits and work to your ability

And remember the old joke: **Falling off the ladder will not harm or kill you ... it's that sudden stop at the other end that does it!**