



At the workplace and at home, many injuries are preventable. A well-thought-out work plan, setting aside enough time for the task at hand, and committing to safety can all play a role in preventing injuries.

Injuries and deaths associated with ladder use are no exception. Thousands of ladder-related injuries and about 100 fall deaths happen each year.

In addition, always look up and look out for power lines before transporting a ladder outdoors. Carry the ladder horizontally instead of vertically.

According to the American Ladder Institute, the **five most common mistakes** people make when **using ladders** are:

- **Overreaching.**
- **Missing the last step** when coming down.
- Not keeping **three points of contact.**
- Using the **wrong type or size** ladder for the job.
- Placing it on **uneven ground.**

Learn more at:

 Safe Electricity.org®



Rock Energy Cooperative

Your Touchstone Energy® Cooperative 

**AVOID
LADDER
MISSTEPS**