



“ It still plays out in my head...
WHAT IF? ”



WHEN USING
A LADDER
**MAKE SAFETY
MATTER**

A joint initiative of Australian, state and territory consumer affairs agencies and the Department of Health and Human Services (Vic)

australian
consumer law 

WHEN USING A LADDER MAKE SAFETY MATTER

It could have been fatal when Mick, a retired tradesperson, fell from a DIY structure he made with two ladders. He fractured his ribs and vertebrae. His head had swollen ‘like a bowling ball’ from the fall.

When he arrived at the hospital, the doctor told Mick ‘You don’t know how lucky you are.’

More than a year after the accident, Mick still can’t do the things he used to do. He has trouble lifting items and still suffers pain.

Stop and think *before you use a ladder.*

In one year in Australia, 1668 people aged 65 years and over were hospitalised because they fell from a ladder.*

Sixty-two per cent of the injuries occurred in or around their home.*

When using a ladder:

- choose the right ladder for the job
- don’t work in wet or 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.

Watch Mick and other people talk about the impact of their falls and recovery at

www.productsafety.gov.au/laddersafety matters

* Source: Australian Institute of Health and Welfare 2011–12

“WHEN USING A LADDER MAKE SAFETY MATTER”

- ▶ PLACE LADDER ON A FIRM, FLAT SURFACE.
- ▶ KEEP BODY CENTERED BETWEEN SIDE RAILS.
- ▶ DO NOT STAND ABOVE SECOND STEP FROM TOP.

- ▶ LOCK SPREADERS.
- ▶ DO NOT OVER-REACH.
- ▶ WEAR SLIP-RESISTANT SHOES.

PEEL OFF THE STICKER AND
PLACE ON YOUR LADDER