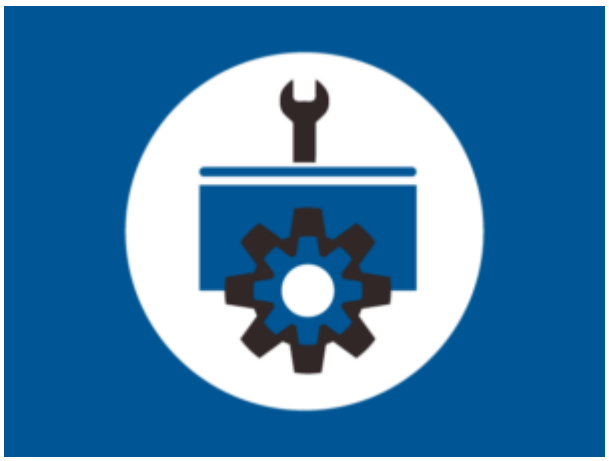
CPWR Portable Ladder Safety



A portable ladder safety hazard alert for companies in the construction industry.

Each year, about 50 construction workers are killed by falls from ladders. More than half of the deaths occur to people working from ladders. Twice as many falls occur stepping down compared to going up ladders. The main cause of falls from straight and extension ladders is sliding of the ladder base. For self-supported ladders or stepladders, the main cause is tipping sideways. A lot of workers carrying ladders hurt their backs, too.

Protect Yourself

- Choose the right equipment. Use ladders mainly for climbing to or from other levels. If you can—instead of using ladders to work from — use scaffolds or scissor lifts; they are safer to work from.
- Choose the right ladder length.
- A sticker on a commercial ladder tells you its…