

Ladder safety & protecting yourself from falls

As residents and clean-up workers enter storm-affected areas, clinics and hospitals are reporting increases in injuries related to falls. To prevent falls, please take the following precautions:

- Watch your step when using a ladder to remove debris or inspect roof-top damage.
- To reduce chances of injury when using a ladder to reach a roof, use a ladder that is at least three feet higher than the edge of the roof
- Stand the ladder on flat ground.
- Never use a folding ladder when it is closed; open it and press the side locks into place.
- Never stand on the top two steps of a ladder.
- Avoid reaching to the side when you're on a ladder.
- Always stand in the center of a ladder step.
- Be careful when you're on a roof; roofs are usually slick, sloped, and high above the ground.