

# HOW TO BE SAFE ON LADDERS

Ladders are used in mining operations almost daily in one way or another. To prevent injuries or even fatalities, all miners should review and practice these six ladder safety tips.

## Six Tips to Avoid Ladder Injury

More than 121 miners are injured each year on falls from ladders.

### **Wear safe shoes -**

Wear shoes that have heels with a defined front edge.

### **Remove contaminants -**

Clean debris, mud, ice or grease from the ladder and from your gloves and shoes.

### **Inspect the ladder -**

Check for defects such as broken, loose or bent parts before climbing.

### **Face the ladder -**

Face the ladder when climbing up and down.

### **Climb and descend carefully -**

Never jump from a ladder or climb more than one rung at a time.

### **Maintain three points of contact -**

When climbing, don't carry anything in your hands. Use a backpack or shoulder strap for tools and personal items.

21 days are lost per ladder injury.



To learn more, visit [www.coresafety.org](http://www.coresafety.org)

**Sources:**

CORESafety Module #5 - Training & Competence  
 CORESafety Module #12 - Work Procedures & Permits  
[www.CDC.gov/NIOSH/mining](http://www.CDC.gov/NIOSH/mining)  
 Reported data based on analysis of nonfatal injuries reported to MSHA between 2010 and 2015 involving ladders.