

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

PAY ATTENTION TO LADDER SAFETY



Brooks



Falls from ladders are not the only way to hurt yourself. Incorrect climbing form can lead to injuries of the shoulder, knee, back and other body parts. Injuries can also occur when moving the ladder, especially if it is stored on a truck or rack above shoulder height.



– Brooks Gerstley
Industrial Injury Prevention Specialist



1

BEFORE USING A LADDER, WARM UP YOUR BODY AND GENTLY STRETCH YOUR SHOULDERS, WRISTS, TRUNK, BACK AND LEGS.



2

PLACE THE LADDER IN A SECURE LOCATION. GET A SPOTTER IF YOU ARE UNCERTAIN ABOUT POSITIONING OR WORKING AT HEIGHT.



3

WHEN ON THE LADDER, CAREFULLY PLANT YOUR FEET, SLIDE YOUR HANDS ON THE OUTSIDE OF THE FRAME, AND DO NOT OVER-REACH OR CARRY LOADS BY HAND.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com