

PREVENTING LADDER ACCIDENTS

SAFETY ON EVERY RUNG AND STEP

Ladders and step stools are standard tools in many workplaces. And that's exactly why we so often underestimate the risk of ladder accidents. Here's how to avoid the most common mistakes.

Try the
BGHW's quick and
easy Online Ladder
Check today.
It's a great
digital way
to stay safe!

DIGITAL SERVICES FROM THE BGHW

This online training course will qualify you to test mobile ladders and step stools:
<https://training.leiter-check.bghw.de/>



Use the BGHW's Online Ladder Check to quickly test your ladders and step stools, free of charge. <https://leiter-check.bghw.de/>



**Approx.
2,500**

LADDER ACCIDENTS are reported to the BGHW every year; 130 of these accidents are serious.

**Over
90%**

OF ALL LADDER ACCIDENTS occur as a result of improper use of the ladder.

**4×
more
frequently**

is how often ladder accidents end up being severe, compared to other reportable accidents.

Stand
securely

Always work
facing the ladder.

Do not lean beyond the
sides of the ladder.

Your body's centre of gravity should
always be between the side rails.

Always maintain contact with
the ladder: 2 feet and 1 hand
or 1 foot and 2 hands.

The maximum load
is 150 kg.

Wear safe,
closed-toe footwear.

Make sure the ground
under the ladder is safe:
► even
► capable of bearing a
load
► immobile
► non-skid

Do not carry any
heavy (over 10 kg) or
bulky objects.

Lean the ladder
at the correct angle

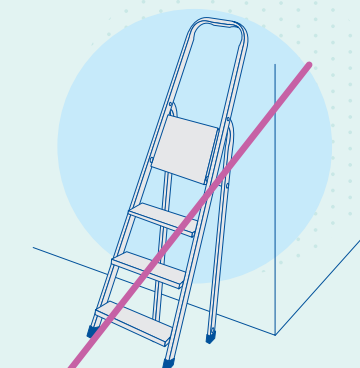
Use the elbow method to
achieve an angle of 65 to
75 degrees (rung ladder) or
60 to 70 degrees (step ladder).

Here's how to test the angle
of your ladder:

- Place one of your feet against one of the ladder's side rails.
- Lift your hand to your chest and bend your arm.
- Your elbow should touch the ladder.

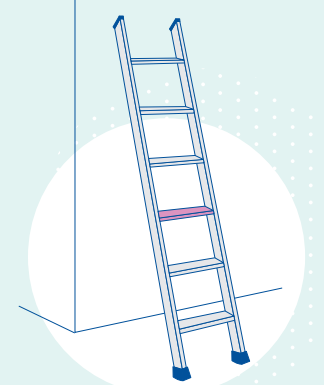


Never use a step ladder like
a straight ladder!

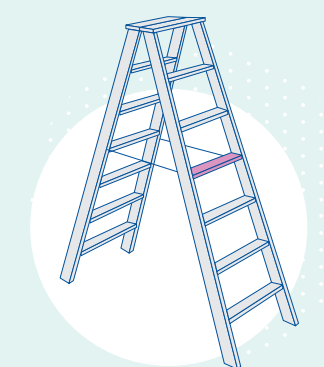


How to use
different types of
ladders safely

The right ladder for every job.



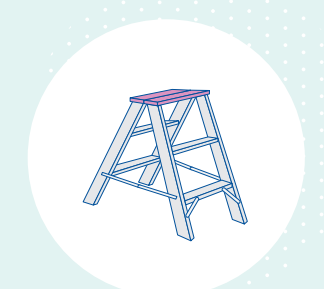
Straight ladder: only use up to
the 4th step/rung from the top.



Step ladder: only use up to the
3rd step/rung from the top.



Multi-purpose ladder: only use up
to the 5th step/rung from the top.



Step stool: max. standing
height of 1 metre. Users can
stand on the top step or
platform.