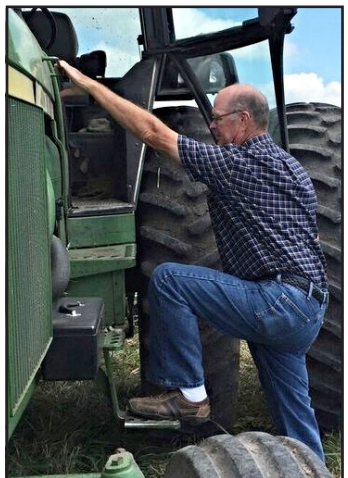


No Matter the Ladder



Always maintain 3 points of contact
(two hands and a foot, or two feet and a hand)

- Falls from height are a leading cause of fatalities and injuries in all occupations, including farming.
- Simple safety measures can reduce the danger to yourself, your family, and other farm workers.
- If you have health factors that increase your risk of falling, such as advancing age or a chronic medical condition, consult with your doctor for advice.



Additional resources
at www.i-cash.org

No Matter the Ladder

3 points to remember

Ladder

- Use the right ladder - check the duty rating and make sure the ladder is the appropriate length and type for the job.
- Inspect all ladders on your farm (bin, silo, and farm machinery) to ensure they are in good working condition.
- Clean climbing and gripping surfaces to maximize traction and avoid slipping.

Surroundings

- Make sure that the ground where the ladder is set-up is firm and level.
- Secure doors near work area to avoid colliding with ladder if opened.
- Remove or store portable ladders to prevent unauthorized use - make fixed ladders inaccessible to children.

You

- Always maintain **3 points of contact** on the ladder when climbing (two hands and a foot, or two feet and a hand).
- Wear high tread boots with clean soles to maximize traction and avoid slipping.
- Use towlines, a tool belt, or an assistant to convey materials so that your hands are free when climbing.



Workers of all ages are at risk of injury from falls when working at height. Simple safety measures can reduce the danger to yourself, your family, and other farm workers.

Additional resources at
www.i-cash.org


I-CASH | Iowa's Center for
Agricultural Safety and Health
The University of Iowa • Iowa State University
Iowa Department of Agriculture and Land Stewardship
Iowa Department of Public Health • Non-profits for Farm Health