

# Steps to Ladder Safety

21

days lost  
per injury

Each year, 121 miners  
are injured on 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.



To learn more, visit [cdc.gov/niosh/mining](https://www.cdc.gov/niosh/mining)

To download the NIOSH Ladder Safety App, visit [go.usa.gov/xRQH8](https://go.usa.gov/xRQH8)

Reported data based on an analysis of nonfatal injuries reported to MSHA between 2010 and 2015 involving ladders. Recommendations are based on CFR 30 56.11011, CFR 29 1926.1053, and ANSI ASC A14.3-2008.