



## HOW TO NEVER FALL OFF A LADDER

The Centers for Disease Controls and Prevention reports that about 80% of all falling accidents involve falling off of ladders or job situations that involve ladders. Homeowners are especially prone to ladder accidents because ladder usage is not typically part of the skill base of a homeowner. A contractor, such as a roofing or window contractor, will likely be better trained and have the skills to deal with ladder situations professionally. Contractors go on roofs on a daily basis, while homeowners may only go on a ladder only once per year. These situations usually involve innocent situations like unclogging a gutter or hanging Christmas lights.

Homeowners are also more likely to do a favor for a neighbor, such as when they agree to get up on a ladder to help out an elderly person. I personally know two people that fell off ladders helping the “old lady next door.” Both of these situations ended very badly for the people involved. Homeowners are much less skilled and experienced at handling ladders. Most importantly, homeowners talk themselves into thinking it is OK to go up on a ladder “just this once.” Well, it only takes once, and the odds of it happening just once are incredibly high because of the homeowner’s inexperience with ladders. They are the ones that will not know how to set the ladders securely, stand on the top rung, and take a chance on that awkward reach.

So, do you want to know how to never fall off a ladder? Here is my candid advice to homeowners, or anyone that does not get up on high ladders on a routine basis:

## DO NOT GET UP ON A LADDER: CALL A PROFESSIONAL!

This may seem like harsh advice, especially for the do-it-yourself crowd out there. But think about this: Even a fall from just a few feet can critically injure you or kill you. People just don’t get that fact. It is not worth your physical wellbeing and your future earning power to risk falling off of a ladder to save a few bucks. Remember, safety is much more than just getting hurt. If you get hurt and can’t work then you can’t go to work and make money. Your health is your future earning potential – it is really that simple. Call a professional to get your gutters cleaned or to clean your windows. Forget hanging Christmas lights if it involves anything beyond a short stepladder. Stay off ladders!

Check out my safety books and other safety resources and information at <http://www.markkowaleski.com> for more insights to guide you on your journey to living a healthier, wealthier, longer, and happier life.

Remember: keep TABs on your safety: Think safe, Act Safe, Be safe!

- Mark M. Kowaleski