



## WORKERS KILLED IN FALLS FROM LADDERS

### Recommendations:<sup>4,5</sup>

- Train each worker to recognize and minimize ladder-related hazards.
- For work at heights, consider using a scaffold or aerial lift. The guardrails and wider work platform can reduce your risk of falling.
- Inspect the ladder for defects or damage every time you use it. If the ladder is damaged, tag it “do not use”.
- Make sure the ladder is positioned on level, solid footing.
- Always check your ladder’s duty rating to make sure it will support you and your tools.
- Position the ladder near your work to avoid overreaching. Keep your body centered between the side rails of the ladder. Even a slight overreach can lead to a fall.
- Secure the area around ladders that are placed in a location where they can be bumped, such as in passageways or doorways.
- Never step on the top rung of a ladder.

### What is the hazard?

According to the U.S. Bureau of Labor Statistics, falls, trips, and slips are the leading cause of fatalities in the construction industry, accounting for over a third of all construction industry deaths in the US.<sup>1</sup> From 2013 to 2022 in Kentucky, eight workers were killed in falls from ladders.<sup>2</sup> Over the same period of time, Kentucky construction industry employees filed 447 first reports of injury with lost time due to falls from ladders.<sup>3</sup>

### The following are the two most recent ladder fall-related worker deaths that occurred in Kentucky:

- Case 1: A 52-year-old carpenter (victim) and his co-worker were obtaining measurements in preparation for a plywood installation project in a restaurant that was under construction. The victim utilized a 6-ft. fiberglass step ladder, while his co-worker utilized a 10-ft. fiberglass step ladder. The victim was holding one end of a measuring tape and reaching beyond the ladder side rails when his ladder overturned. He fell and struck the concrete surface below. (2023) ([Read the full report](#))
- Case 2: A 58-year-old carpenter was attempting to remove a piece of board from a covered porch. The ladder he was standing on kicked out and he fell, hitting his neck on a floor jack handle. (2024)

# RESOURCES

Name of Resource	Resource Description	Resource Link
Falls from Ladders: Risk and Prevention	Fact sheet from CPWR providing info on preventing ladder falls and links to additional resources.	<a href="https://www.cpwr.com/wp-content/uploads/publications/Ladders-Fact-Sheet.pdf">https://www.cpwr.com/wp-content/uploads/publications/Ladders-Fact-Sheet.pdf</a>
Hazard Alert: Ladders	Hazard alert from CPWR outlining common hazards associated with working on ladders and ways to reduce risks.	<a href="https://www.cpwr.com/wp-content/uploads/2013/12/Ladders-Hazard-Alert.pdf">https://www.cpwr.com/wp-content/uploads/2013/12/Ladders-Hazard-Alert.pdf</a>
Ladder Safety Mobile App	An app developed by NIOSH to improve extension and step ladder safety.	<a href="https://www.cdc.gov/niosh/topics/falls/mobileapp.html">https://www.cdc.gov/niosh/topics/falls/mobileapp.html</a>
Prevent Construction Falls from Roofs, Ladders, and Scaffolds	NIOSH fact sheet that gives recommendations and resources to help employers, safety professionals, and workers prevent fall injuries and deaths from roofs, ladders, and scaffolds.	<a href="https://www.cdc.gov/niosh/docs/2019-128/default.html">https://www.cdc.gov/niosh/docs/2019-128/default.html</a>
National Campaign to Prevent Falls in Construction	Website with construction industry fall prevention resources in English and Spanish.	<a href="https://stopconstructionfalls.com/home/">https://stopconstructionfalls.com/home/</a>

## SOURCES

1. U.S. Bureau of Labor Statistics. (2023) Construction deaths due to falls, slips, and trips increased 5.9 percent in 2021. <https://www.bls.gov/opub/ted/2023/construction-deaths-due-to-falls-slips-and-trips-increased-5-9-percent-in-2021.htm>
1. The Kentucky Fatality Assessment and Control Evaluation database.
2. Kentucky Department of Workers' Claims.
3. Falls from Ladders: Risks and Prevention. (2018). <https://www.cpwr.com/wp-content/uploads/publications/Ladders-Fact-Sheet.pdf>
4. Hazard Alert Ladders. CPWR. <https://www.cpwr.com/wp-content/uploads/2013/12/Ladders-Hazard-Alert.pdf>



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