



10 Years of Safer Climbing.

MARCH 2026

Ladder Safety At Work

Do you know how much ladder accidents are costing you?

\$17.1

\$17.1 billion spent on workplace falls from working at heights*

Top 3

Falls are in the top 3 most common disabling workplace injury*

#6

Ladders are # 6 on OSHA's Top 10 Most Cited Violations list.

Don't fall victim to common mistakes. make sure you know the do's and don'ts of ladder safety.**



"My weight hasn't changed in years: I don't need to worry about the ladder's weight rating."



Weight rating is the combined weight of the climber and whatever the climber is carrying. Do not forget to account for equipment or accessories when selecting a ladder with the proper weight rating.



"I have some heavy items that I'll be carrying as I climb this ladder. Let me get a taller one to carry the load."



Don't forget! A taller ladder does NOT equate to a higher weight rating. To ensure that you are using the right ladder for the job, make sure that you are taking into account the Duty Rating for your ladder. The Duty Rating is the total amount of weight your ladder will support. Here is the simple calculation for determining the Duty Rating needed for the job at hand:

- Your weight, *plus*:
- The weight of your clothing and protective equipment
- The weight of tools and supplies you are using



"I don't work at high heights, I don't need to worry about ladder and fall safety."



More often than not, ladder injuries are caused by people using them incorrectly. 75.7% of survey participants felt that ladder accidents in their workplace could have been avoided with ladder safety training.*

*"Liberty Mutual Workplace Safety Index" - United States, 2018, Liberty Mutual

**Information obtained from an ALI survey on ladder safety.



Find everything you need at laddersafetymonth.com

