



### Farming is a contact sport

Safe ladder use and fall prevention includes an understanding that to be successful it must require a commitment to maintaining, as much as possible, “three-points-of-contact”.

In this activity, safe ladder use will be demonstrated by focusing on:

- Always keeping your belt buckle facing towards the ladder or steps
- Always maintaining three-points-of-contact (one foot and two hands or two feet and one hand)

#### Procedure:

1. Set up a 6’ – 8’ step ladder in its proper extended position.
2. Have participants demonstrate climbing the first two steps with the rest of the participants critiquing their method. Have them consider:
  - Do they start with their strong leg first?
  - Do they always keep their belt buckle facing the ladder?
  - Do they always maintain three points of contact?
  - Is it possible to carry a gallon can of paint and meet these criteria?

#### Materials Needed



6- or 8-foot  
step ladder

Unlike the comedians who get laughs from falling, falls in the work place are no laughing matter. It remains one of the most significant causes of serious injury and death.