

HOW TO SAFELY CLIMB A LADDER

A ladder is really one of the most dangerous items in your home. Many accidents happen every year when people fall off of ladders and get very hurt indeed. So you, Trailblazer, are going to learn good ladder safety and not become one of those bad statistics.

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EARN THIS NUGGET

- Take out a ladder. Familiarize yourself with its function and set it up in a safe manner. If you have both a straight ladder and a step ladder set them both up and demonstrate to your parents.
- If your parents have anything than needs to be done with the use of a ladder, help them get it done, as long as they don't feel that it is dangerous. Remember the job is not complete until everything is put away.

There are several types of ladder that you can get. Essentially they fall into two categories, either a step ladder that usually folds out into an A shape and stands upright on its own and a straight ladder that you lean against a wall. Whichever one you might be using, safety is king and many of the same safety considerations will be needed.

- Make sure the feet of the ladder are on firm, solid ground and that there is no chance of rocking or slipping.
- In the case of a leaning ladder, make sure the angle is correct. If the ladder is too steep, you could topple over backwards and that would not be good at all.
- Again, in the case of a straight leaning ladder, ensure that the top of the ladder leans on a flat solid edge and feels completely stable. If in doubt, don't climb it.
- When you start to climb, you want to use both arms as well as both legs. Hold onto the rungs in front of you with your hands, only letting go of one, when you have grabbed another.
- If you have any concerns about stability, have a person hold the ladder steady for you.
- Never stand at the very top of a ladder. Always have rungs at waist level or above that you can hold onto easily.

