



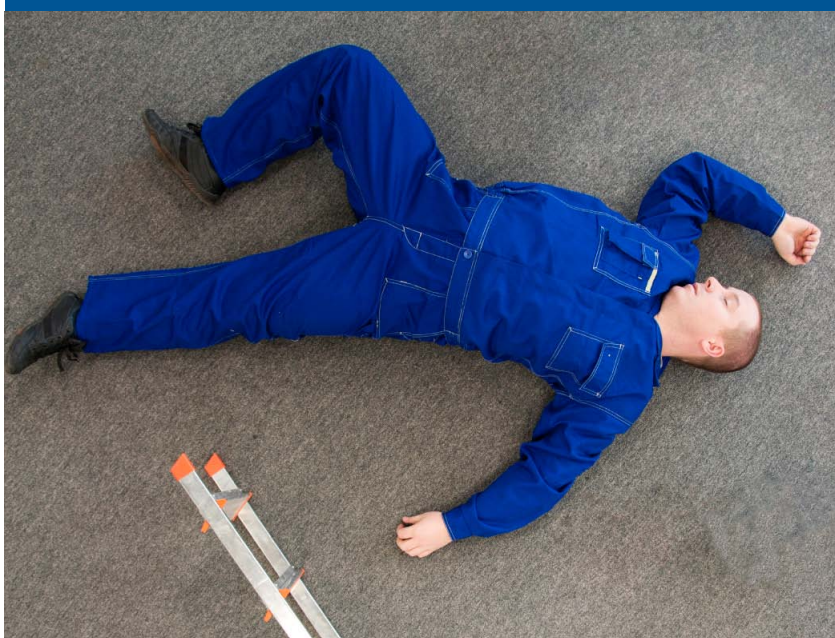
FORCE & LADDERS

Don't mix!

Industry: **Trucking**

Occupation: **Shop mechanic**

Task: **Closing up for the night**



TIPS TO LIVE BY

The mechanic said it best. Next time he has to use a ladder, he will wait for help. Using a scissor lift or having a spotter to hold the ladder in place would have saved him so much pain.

If a job needs two people to be safe, use two people.

Always use 3 points of contact.

No standing on the top cap or top step of a step ladder.

Keep ladder clean and free of slip hazards.

A 46-year-old shop mechanic was closing up for the day when he noticed that the shop garage door was stuck open. After a little investigation, he discovered that the cable chain was stuck in the channel.

Tired from a long day, he grabbed a ladder and screwdriver and headed up to fix the problem.

In that moment, when he forcibly pushed the screwdriver to release the chain, you can imagine what was going through his mind as the ladder began to tip and he fell 10 feet to the concrete floor below.

He was lucky to survive the fall, as many people don't. However, he suffered many injuries, including fractures to both wrists.

He was off work for over a year to heal and his claim cost over \$132,000.

www.KeepTruckingSafe.org

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