



# OCCUPATIONAL HEALTH

An informational quarterly newsletter.

## LADDER SAFETY

March is National Ladder Safety Month for a good reason; nationally each year there are 500,000 injuries and 300 fatalities from ladder-related accidents. The five major causes for ladder accidents are:

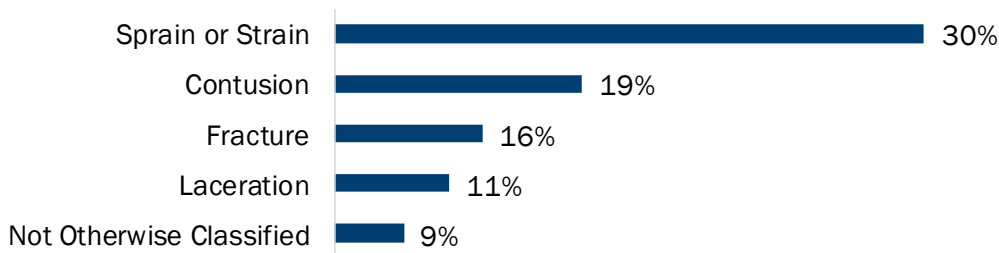
1. Incorrect extension ladder setup angle
2. Inappropriate ladder selection
3. Insufficient ladder inspection
4. Improper ladder use
5. Lack of access to ladder safety tools and information

Source: [National Institute for Occupational Safety and Health \(NIOSH\)](#)

### Ladder Injuries in Montana

- **Sprain or tear** (30%) was the most common injury for all ladder related workers' compensation claims.
- **Fall from a ladder or scaffolding** (46%) was the most common cause of injury.
- The **knee** (14%) was the body part most commonly injured.
- Most ladder-related injuries occurred in the **construction** (31%) and **retail trade** (16%) industries.

### Top 5 Injuries by Percent of All Ladder-Related Claims, Montana 2014-2018



### Ladder Safety Resources

- [NIOSH Ladder Safety App](#)—available for free in the Apple Store and Google Play
- [Ladder safety training](#)—receive a certificate upon completion of the training
- [Occupational Safety and Health Administration \(OSHA\)](#)—ladder regulations for construction

## NOTEWORTHY NEWS

Find all of our newsletters and more reports on other occupational health and safety topics at our website, [www.mtworkerhealth.com](http://www.mtworkerhealth.com)

Sign up for free safety training at SafetyFestMT in [Missoula](#), March 25th-28th and [Sidney](#), April 30th-May 2nd.

Use the hashtag #laddersafetymonth on Twitter and Instagram to join in on the conversation.

If you have questions or comments, please contact:

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