

Ladders & Tools

Ready to do some home repairs? On average, about 145,000 people visit the emergency room each year because of ladder mishaps alone. Many injuries caused by ladders and tools are easily avoidable. Follow the tips below to better protect yourself and those around you.

Ladders

- Read the manufacturer's instructions that come with your ladder. They contain guidelines for weight and height limits and how to properly use the product.
- Inspect the ladder before using it to make sure that there are not loose or broken rungs. If there are any, the ladder should be replaced.
- Make sure the ladder is the right height for the job. Many accidents happen when people overextend their reach because their ladders are too short.
- Make sure the ladder is completely open and that all of its feet are planted on a firm, level surface. Extension ladders should not be placed at an extreme angle.
- Avoid using a metal ladder near electrical sources.
- Face the ladder when climbing down and make sure your weight is central between two sides.
- Have a spotter wherever possible to help secure the ladder in place.

Tools

- Never carry a tool by the cord or hose.
- Never yank the cord or the hose to disconnect it from the receptacle.
- Keep cords and hoses away from heat, oil, and sharp edges.
- Disconnect tools when not using them, before servicing and cleaning them, and when changing accessories such as blades, bits, and cutters.
- Keep people not involved with the work at a safe distance from the work area.
- Secure work with clamps or vise, freeing both hands to operate the tool.
- Avoid accidental starting. Do not hold fingers on the switch button while carrying a plugged-in tool.
- Maintain tools with care; keep them sharp and clean for best performance.
- Follow instructions in the user's manual for lubricating and changing accessories.
- Be sure to keep good footing and balance when operating power tools.
- Wear proper apparel for the task. Loose clothing, ties, or jewellery can become caught in moving parts.
- Discard all damaged portable electric tools as they are no longer safe.

