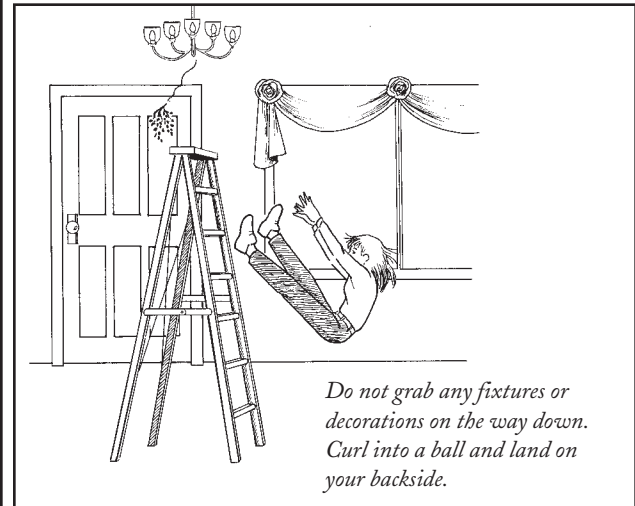


## WORST-CASE SCENARIO®

# HOW TO SURVIVE A FALL FROM A LADDER

- 1 Anticipate the fall.**  
As soon as you feel the ladder or stepstool move or you begin to lose your balance, be ready to shift your position. You will have less than a second to react.
- 2 Do not grab at any fixtures or decorations.**  
Lighting fixtures, decorations, hooks, and wires will not support your body weight—just prepare for impact.
- 3 Position your body.**  
As you begin to fall, twist your body so your back is to the ground.



*Do not grab any fixtures or decorations on the way down. Curl into a ball and land on your backside.*

#### **4** Curl into a ball.

Tucking in your arms and legs and curling into a ball will minimize the chance of breaking any limbs. The longer the fall, the more time you will have to prepare.

#### **5** Attempt to land on your rear.

The safest part of the body to land on is the backside. This landing will minimize major damage, including broken heels and spinal cord injuries.

#### **Be Aware**

- A backside landing can cause a tailbone fracture or a vertebral compression fracture, but neither of these usually results in life-long disability.
- If you are on a taller ladder, do not try to land on your feet. While leg and ankle fractures are generally short-term injuries, heel (calcaneus) fractures have an extended recovery time and can cause long-term disability.
- If you are stranded on a roof with no way to get down and no one in sight, shout down the chimney. If there is a fire in the fireplace, however, do not inhale smoke between shouts.

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