

At home or in the workplace is your ladder safe?



Trade in your old, broken or damaged ladder at a participating hardware store to take advantage of a hefty discount on a new one.

For safe ladder tips and more injury prevention advice go to acc.co.nz/ladders

Contact your local Carters or Mitre 10 Mega store during April 2010 to find out more information on this promotion.



PREVENTION. CARE. RECOVERY.

Te Kaporeihana Āwhina Hunga Whara

Ladders are extremely useful, but they are also involved in thousands of injuries in New Zealand each year.

Here are some ways to keep safe when using a ladder:

- Check your ladder before you use it – don't use it if anything is broken, missing or corroded
- Set up:
 - Make sure your ladder is on a firm, even surface with the base and top of the ladder secured
 - Straight ladders must be positioned one metre out at the base for every four metres of height
 - Free-standing ladders or step ladders must be fully-opened with both stay bars locked
- When climbing the ladder:
 - Always keep three points of contact and never carry anything in your hands
 - Don't over-reach sideways
 - Don't hang tools or other items from the steps or rungs
 - Never climb higher than the third rung from the top of a straight ladder, or the second step from the top of a stepladder.
- Put your ladder away when you've finished