

# STEP UP TO LADDER SAFETY!

## SOME FACTS In Australia each year:



**Approximately 20 people die following a fall from a ladder! <sup>1</sup>**



**Approximately 3,500 people require hospitalisation to treat injuries – mainly fractures, requiring an average of 5 days in hospital. <sup>1</sup>**



**Most ladder related falls occur at home. <sup>2</sup>**



**People most at risk of injury are men over 60 years. <sup>1&2</sup>**



**Number of injuries due to falls from ladders has increased by 40% in the past 10 years. <sup>2</sup>**



<sup>1</sup> *Ladder-related fall injuries.* AIHW National Injury Surveillance Unit. Flinders University.

<sup>2</sup> *Consumer product-related injury (3): Injury related to the use of ladders.* Monash University Accident Research Centre

# ARE YOU ONE STEP FROM DISASTER? STEP UP TO LADDER SAFETY!

## ARE YOU:

- 🪜 **Over 60 years?**
- 🪜 **Sometimes unsteady on your feet?**
- 🪜 **Slow to react to something unexpected?**
- 🪜 **Lacking strength or movement in any limbs?**
- 🪜 **Distracted when working on a task for more than 20 minutes?**
- 🪜 **Visually impaired?**
- 🪜 **Taking medication that may impact on your abilities?  
(Please discuss with your GP.)**
- 🪜 **Feeling unsafe when on a ladder?**

**If you have answered “YES” to any of these questions then contact ACT Health Falls Prevention Program on 6205 5161 or contact Council on the Ageing on 6282 3777 for more information.**



**In Partnership with SES**



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**TRANSLATING AND INTERPRETER SERVICE 131 450**  
Canberra and District - 24 hours a day, 7 days a week  
**HEALTH CARE INTERPRETERS 6205 3333**