

## Preventing Falls Outside of Your Home



- **Install handrails along any flight of outdoor steps.**
- **Spread ice melt, rock salt or sand on icy walkways.**
- **Observe special precautions when using a ladder.**
- **When using a ladder, make sure its base is firm, that all ladder feet are on level ground, and that the ladder is angled against the wall properly.**
- **When climbing, face the ladder and hold on to ladder rungs firmly. If reaching, make sure always to keep your hips and body weight centered between the rails.**
- **When using a stepladder, make sure it is fully opened and both spreaders are firmly locked.**
- **Do not climb a closed stepladder; it may slip out from under you.**
- **Avoid standing or sitting on a stepladder's top or pail shelf.**
- **Never climb on the back side of a singled-sided stepladder. It is not designed to carry a person's weight.**
- **Use a ladder that is the right length for the task you are doing.**
- **Avoid climbing beyond the second step from the top of a stepladder and the 4th rung from the top of an extension ladder.**

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.