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.