

Live Longer. Learn Ladder Safety.

(NAPSA)—Dangling from a gutter is usually an avoidable situation, especially when a ladder is used properly. However many people still sustain injuries related to ladder use. Statistics compiled by the U.S. Consumer Product Safety Commission reveal emergency rooms treat 164,000 ladder-related injuries each year.

The easiest way to avoid a ladder-related accident is to read and follow the instructions that come with it, which should provide guidelines on use, care and weight and height limits. Briefly, Underwriters Laboratories Inc. (UL) recommends that homeowners follow these guidelines when using ladders:

- One person on the ladder at one time.
- Set the ladder on a firm, level surface.
- Never exceed the ladder's weight limit, otherwise known as the maximum load rating.
- Avoid setting up ladders on soft or muddy ground.
- If you have to place the ladder in front of a door, make sure that door is locked or at least



being monitored by someone other than you.

- Use the right height ladder and make sure it extends 3 feet over the roofline or working surface.

- Steps on ladders should be slip resistant.

- Use wooden or fiberglass ladders when near vicinity of power lines and electrical wiring. Metal ladders conduct electricity.

- Keep your body centered between the rails—a slight lean can throw the ladder off balance.

- Use a tool belt to carry tools. You need both hands to hold on.

For more information on UL's spring campaign, tips on lawn and garden safety, and weather-related safety, visit UL's Web site at www.ul.com/consumers.