

Attic Stair Safety

“Even if an attic ladder is correctly installed and maintained it can be dangerous if used improperly.” *(howtolookatahouse)*

Ladder safety guidelines confirm this statement. Here are some facts about stair ladders and safety:

MOST COMMON INJURIES:

- 1) Sprains and strains (32.3%)
- 2) Soft tissue injuries (23.8%)
- 3) Fractures (19.3%)

AREAS OF THE BODY MOST FREQUENTLY AFFECTED BY FALLING DOWN THE STAIRS:

- 1) Legs, ankles, and feet (42%)
- 2) Head and neck (22%) *(lapeyrestair – Sep 2021)*



Ladder Falls under 10 Feet:

150,00 injuries and 300 deaths from ladder falls *(Safety Resources)*



The Power of 3

The National Safety Council (NSC) says “a very important precaution is always keeping three points of contact with the ladder or stairs at all time. Hold with **two hands and one foot** or **two feet and one hand**.” Ladder manufacturers, the American Ladder Institute, and others echo this.



Don't face away

Trying to descend the stairs facing away from it – *perhaps because you are carrying a large object* – is **unsafe** and the cause of numerous falls. **Have a second person at the base of the ladder to hand down larger items.**

(McGarry and Madsen Home Inspection of Gainesville)



You Lookin' at Me?

Always face the ladder when you're climbing up and down.

(Occupational Health and Safety Blog)

Only you should be on attic stairs.

Don't fear getting injured or worse on your attic stairs. A **SpaceLift™** attic storage lifting platform can safely and conveniently move your items. Don't risk carrying on attic ladder or stairs. One-time investment. See how it works: spaceliftproducts.com

