

Ladder safety based on personnel experience:

After comparing notes with a number of people, a lot of us have made the error of thinking that we are at the last step or rung when going down a ladder only to find that there is one more to go. That can result, as it did in my case, in falling and bouncing on the ground or pavement. While it is only about a 12" mis-step, it still hurt and didn't do my hip any good.

The solution? Count the number of steps going up the ladder and then reverse count going down, or just be careful. No one should ever bounce more than once without learning from their experience.

Sam

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