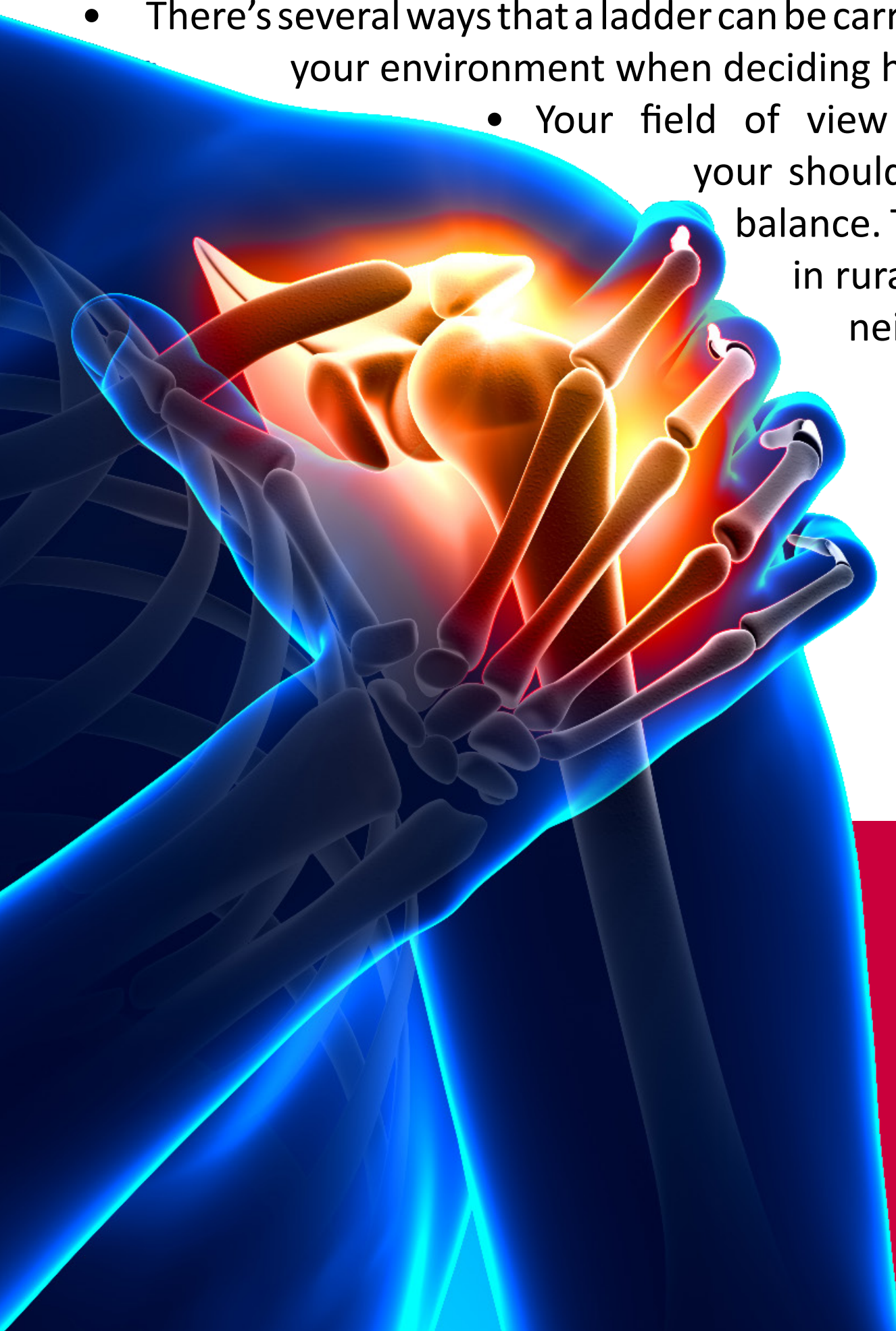


Handling Ladders.

Ladders can be fairly heavy, and their shape can make them challenging to handle. If handled incorrectly, you're at risk of injuring yourself or someone else.

Here's some key things to consider when handling ladders:

- Can you handle it on your own, or do you need assistance?
- If you're handling it with someone else, make sure you both stand on the same side of the ladder and communicate throughout the manoeuvre.
- Always use both hands to handle the ladder- don't try to carry additional items at the same time.
- Don't turn too quickly; ladders can create lots of momentum and place considerable stress on your trunk and shoulders.
 - There's several ways that a ladder can be carried but make sure that you consider your environment when deciding how you'll carry it. Remember:
 - Your field of view is restricted when carrying on your shoulder and makes it more difficult to balance. This can be a great technique when in rural areas, but not when in a built-up neighbourhood.



**If you start to develop
aches and pains,
contact RehabWorks for
physiotherapy support on:
0333 222 0712**