



# Every Step Matters

MARCH 2025

## Ladder Safety At Home

Changing light bulbs around the house? Trying to get that glass down from the top shelf in the kitchen? Ladders are constantly used around the home and more often than not, they're being used incorrectly.

**Don't let a simple task put you out of commission with a serious injury. Ladder injuries are more common than you think:**



**136,118**

Emergency room visits per year related to **ladder injuries.**



**19,000**

Emergency room visits per year from **high heel related injuries.**



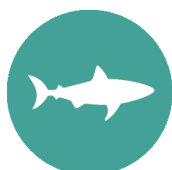
**11,000**

Injuries per year from **house fires.**



**3,836**

Emergency room visits per year from **microwaves.**



**16**

**Shark attacks** per year in the United States.



Find everything you need at [laddersafetymonth.com](https://laddersafetymonth.com)

