

Media Release

The Hon Mary-Anne Thomas MP

Leader of the House

Minister for Health

Minister for Health Infrastructure

Minister for Ambulance Services



Monday, 2 December 2024

FALL-PROOF ADVICE TO STAY SAFE ON LADDERS THIS SUMMER

As Victorians prepare to deck their homes with Christmas decorations or complete jobs around the house during the warm weather and upcoming holidays, the Allan Labor Government is calling on them to put ladder safety at the top of their to do list.

Minister for Health Mary-Anne Thomas today reminded Victorians to stay safe when climbing ladders, as data from the Victorian Injury Surveillance Unit showed hospital admissions for ladder falls at home over the past decade have increased by 49 per cent among Victorians aged 55 years and over.

Most of those presenting at Victorian hospitals for ladder-related falls are male, and the large majority are aged between 50 and 79 years old.

Falling from a ladder can result in serious, and sometimes fatal injuries, including bone fractures and brain and head injuries, and those who are seriously injured can often struggle to fully recover from such physical trauma.

Lifelong injuries like these can affect basic everyday functions, such as walking and talking. This can have a massive impact on an individual's independence and quality of life and limit someone from taking public transport or driving.

During the festive season and upcoming summer, the rate of people turning up at emergency departments with injuries from jobs at home increases exponentially, but there are simple things we can all do to stay safe at home.

Those climbing a ladder should always take the necessary precautions including:

- Making sure the ladder is the right height for the job and in good working condition
- Placing the ladder on dry, firm and level ground away from outward-opening doors or windows
- Staying in the centre of the ladder as they climb, and only climb as far as the second step from the top
- Working within their arm's reach and never lean too far from the ladder
- Always maintaining three points of contact with the ladder, using both feet and one hand when using a tool
- Ensuring someone else is home when climbing and ideally having someone to hold the ladder
- Avoiding climbing in wet, windy, or hot weather.

For more information please visit, betterhealth.vic.gov.au/health/healthyliving/ladder-safety.

Quotes attributable to Minister for Health Mary-Anne Thomas

"We know Victorians are looking forward to putting up Christmas lights and doing projects around the house this summer. If you're going to use a ladder, use common sense and take the necessary precautions to prevent falls and serious injuries."

"While many Victorians are enjoying the festive season, our dedicated doctors and nurses at trauma hospitals like the Alfred, will be working hard to deliver world-class care to those in need – we should all do what we can to avoid preventable injuries like ladder falls."

Media contact: Isobel Loschiavo 0431 963 479 | isobel.loschiavo@minstaff.vic.gov.au