

# Don't risk a fall!

## Use ladders safely



**If you are alone, not physically able to use a ladder safely, have health conditions or are taking medication, please:**

- > Ask for assistance from a family member, neighbour or friend.
- > Consider hiring a maintenance person.
- > Seek assistance with home maintenance through your local council, My Aged Care, or disability and community support services

For more information about ladder safety, visit:

[sahealth.sa.gov.au/laddersafety](https://sahealth.sa.gov.au/laddersafety)



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SA Health