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## **CHAIRS AREN'T LADDERS**

Of all the falls that take place (and a lot do - they are the leading cause of injury in the United States), perhaps the easiest to avoid are those that happen because people stand on chairs and on drawers.

People fall from ladders, they fall from loading docks, they fall from platforms and step stools - with all these, there are good reasons for standing on them. But what reason can there possibly be for standing on a chair, especially a chair with casters, swivel seat, or tilting seat?

Standing on a chair to reach something overhead is dangerous. So is climbing on open file drawers or boxes to get at something on top of a cabinet or shelf.

If you must get at something that is too high for you, get a step stool or ladder, or call for assistance.

If you might need to use a step stool or ladder at a remote location, keep them in your vehicle (or at the location) until they are needed.