

# Ladder Use History Survey

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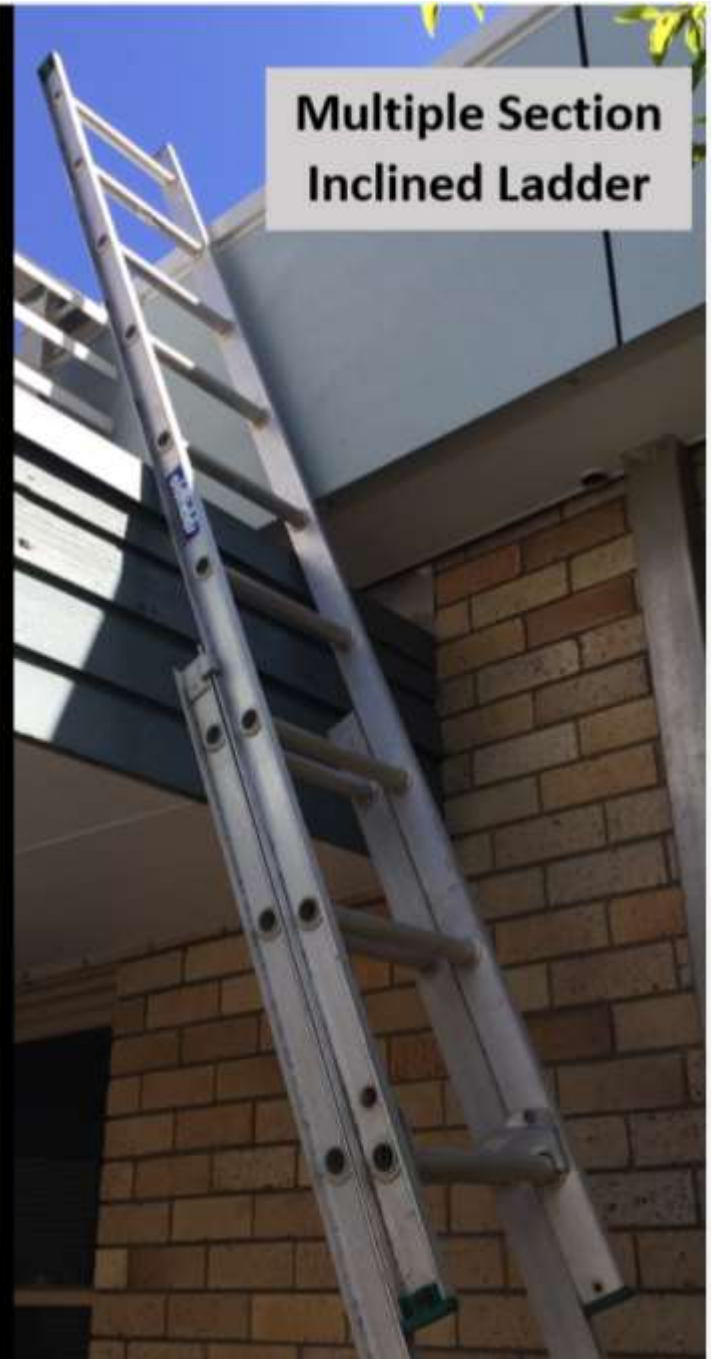
*Bold text denotes text in the survey. Italicized text denotes survey notes.*

**This survey will ask you questions about your ladder use. Some ladder use questions will be specific to a ladder type. Please see the descriptions and figures below for ladder types.**

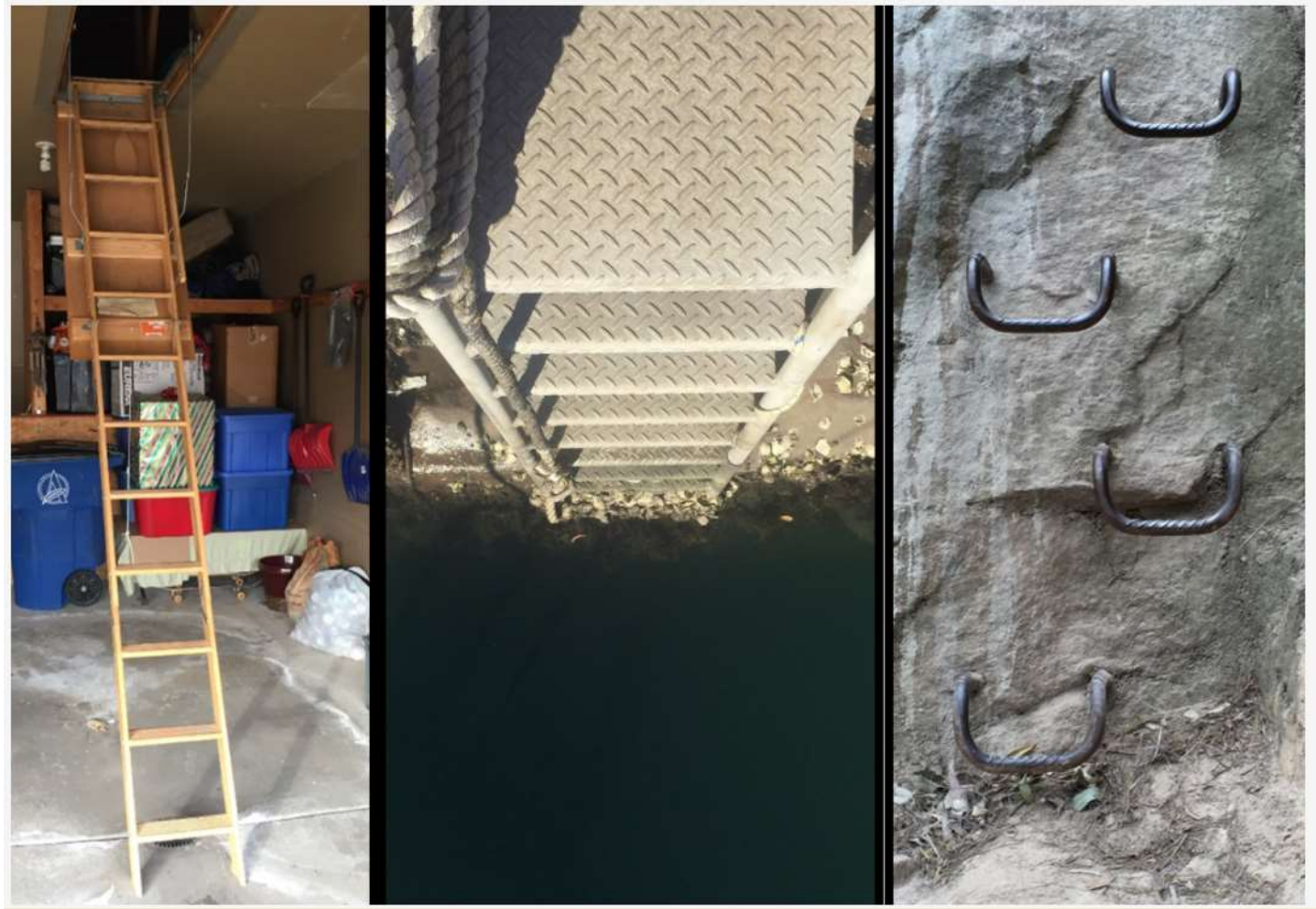
**Step ladders are ladders with flat rectangular steps. A lot of step ladders fold together for storage. A step ladder can be either an A-frame ladder or step stool ladder. You may use these ladders inside to reach a high shelf or outside during house work.**



Inclined (also referred to as, straight or slanted) ladders are ladders you lean against a wall or a stable surface. Inclined ladders can be made of single or multiple sections (multi-section ladders are commonly referred to as, extension ladders). These ladders are often used outside to reach higher levels.



A fixed ladder is any type of ladder that is attached to something else. You may commonly use these types of ladders to climb to the attic, get into or out of a campervan/truck/boat, or get into or out of the water.



Ask the following question to everyone.

I use this type of ladder							
	daily	few times a week	weekly	monthly	few times a year	once a year	never
Step Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inclined (Slanted) Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fixed Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
							reset

If any ladder was selected, ask the following question.

How concerned are you of falling from a ladder?

☐ Not concerned

☐ Slightly concerned

☐ Moderately concerned

☐ Very concerned

reset

If the no ladders are ever used, ask the following question.

Please describe or list any reasons why you do not climb ladders.

Expand

Ask the following questions for the corresponding ladders that are used.

The highest step I climb to on this ladder is

	1st step	below halfway	halfway	above halfway	
Step Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Inclined (Slanted) Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Fixed Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset

I use this ladder for the following (check all that apply)

	Changing a light bulb	Cleaning the gutters	Washing the windows	Cutting branches or picking fruit	Getting objects from the attic	Decorating	Other
Step Ladder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inclined (Slanted) Ladder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fixed Ladder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I use this ladder (check all that apply)

	Inside	Outside	At home	Places other than my home
Step Ladder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inclined (Slanted) Ladder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fixed Ladder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Ask the following questions to everyone.

Compared to others, I believe my ladder use and climbing abilities are					
	below average	slightly below average	average	slightly above average	above average
Step Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					<a href="#">reset</a>
Inclined (Slanted) Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					<a href="#">reset</a>
Fixed Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					<a href="#">reset</a>

Compared to others MY AGE, I believe my ladder use and climbing abilities are					
	below average	slightly below average	average	slightly above average	above average
Step Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					<a href="#">reset</a>
Inclined (Slanted) Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					<a href="#">reset</a>
Fixed Ladder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					<a href="#">reset</a>

Ask the following questions to individuals who use step ladders.

Please check all boxes that describe your STEP LADDER use

Please refer to this diagram for the question below



**Facing the ladder**



**Not facing the ladder**

It's common for me to descend a step ladder  
(check all that apply)

- ☐ facing the ladder
- ☐ not facing the ladder

It's common for me to climb a step ladder  
(check all that apply)

- ☐ without using my hands
- ☐ with only one hand on the ladder
- ☐ with both hands on the ladder
- ☐ moving my feet one step/rung at a time
- ☐ moving my feet more than one rung/step at a time

It's common for me to climb a step ladder  
(check all that apply)

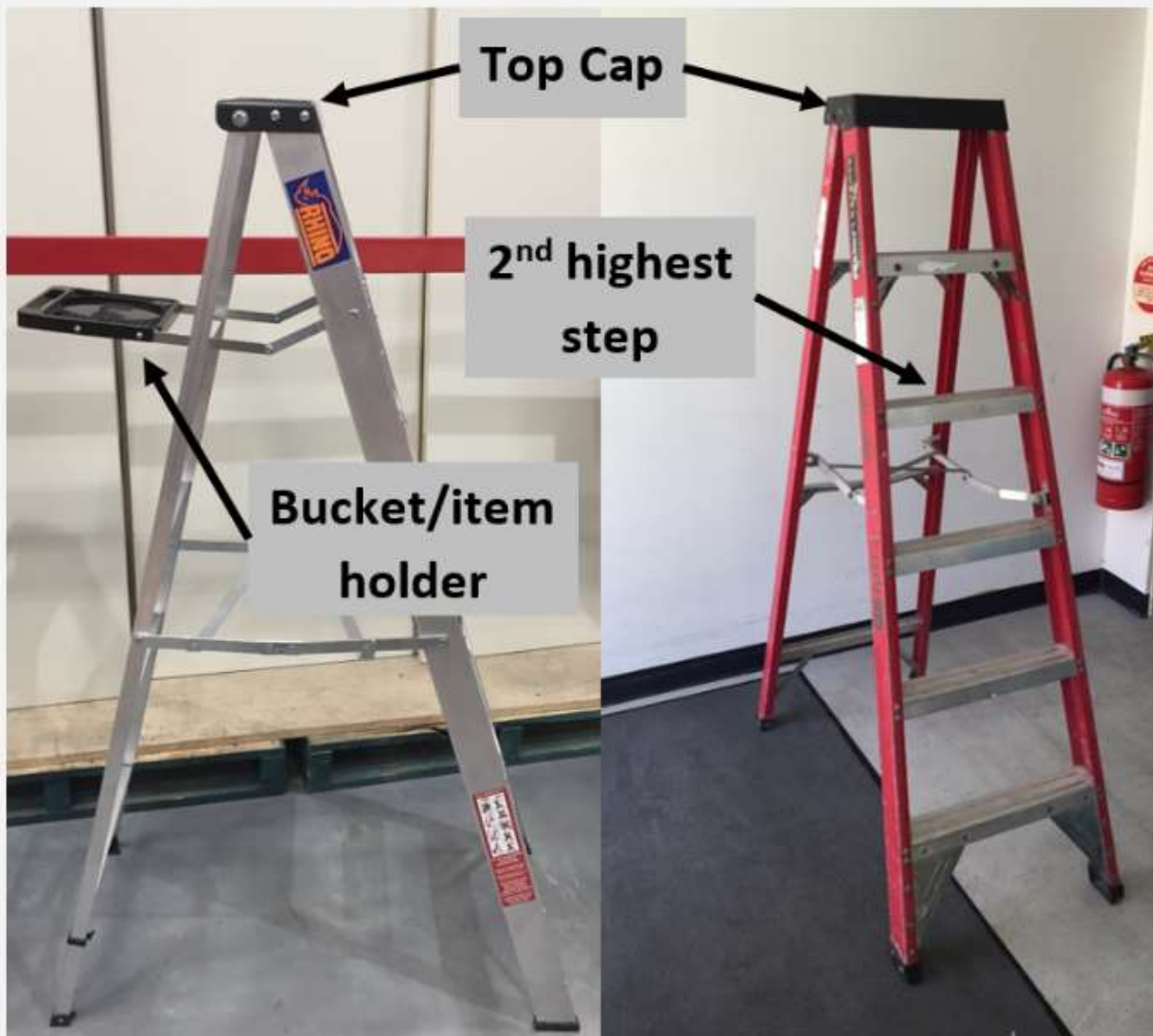
- ☐ without items/tools in my hand(s)
- ☐ with items/tools in my hand(s)
- ☐ with a tool belt

The type of step ladders I climb are  
(check all that apply)

- ☐ A-frame ladders (step ladder with 5 or more steps)
- ☐ step stool ladders (step ladder with 3 or less steps)

Ask the following question to individuals who use A-frame ladders.

Please refer to this diagram for the A-frame step ladder question below



On A-frame ladders, I have  
(check all that apply)

- ☐ stood higher than the second highest step
- ☐ stood on the top cap of the ladder
- ☐ straddled the ladder (one foot on each side of the A-frame)
- ☐ stood or sat on the bucket/item holder

Ask the following question to individuals who use step stool ladders.

Please refer to this diagram for the step stool ladder question below



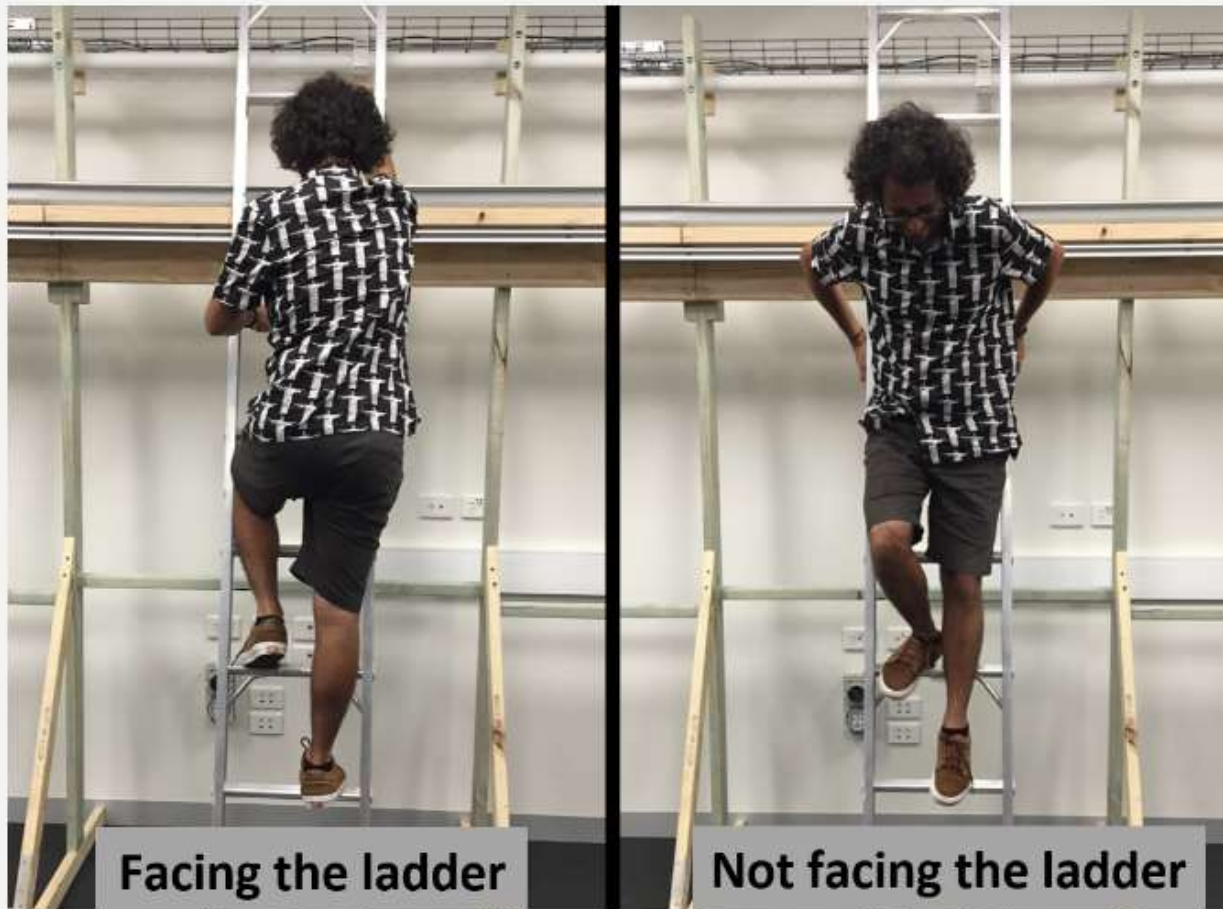
While I was on a step stool ladder,  
(check all that apply)

- ☐ the guard rail has been above my knees
- ☐ the guard rail has been below my knees
- ☐ the guard rail was not been present
- ☐ I held onto the guard rail
- ☐ I did not hold onto the guard rail (if present)

Ask the following questions to individuals who use inclined ladders.

Please check all boxes that describe your INCLINED (SLANTED) LADDER use

Please refer to this diagram for the question below



It's common for me to descend inclined (slanted) ladders  
(check all that apply)

- ☐ facing the ladder
- ☐ not facing the ladder

It's common for me to climb an inclined (slanted) ladder  
(check all that apply)

- ☐ without using my hands
- ☐ with only one hand on the ladder
- ☐ with both hands on the ladder
- ☐ moving my feet one step/rung at a time
- ☐ moving my feet more than one rung/step at a time

It's common for me to climb an inclined (slanted) ladder  
(check all that apply)

- ☐ without items/tools in my hand(s)
- ☐ with items/tools in my hand(s)
- ☐ with a tool belt

On inclined (slanted) ladders, I have stood  
(check all that apply)

- ☐ below the third highest rung/step
- ☐ on or above the third highest rung/step
- ☐ on the top rung/step

Ask the following questions to individuals who use any type of ladder.

Please check all boxes that describe your general (step, inclined or fixed) ladder use

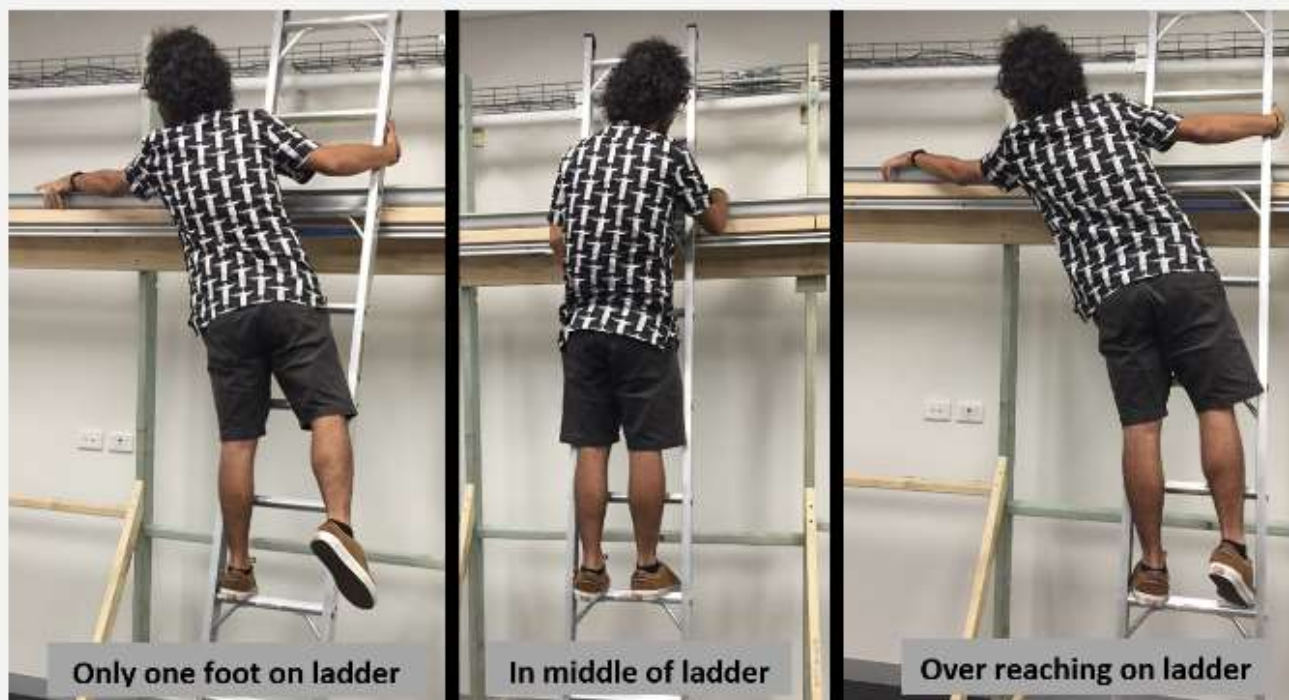
Please refer to the diagrams for the question below



It's common for me to stand on a ladder  
(check all that apply)

- ☐ with my feet planted
- ☐ on my toes

Please refer to the diagrams for the question below



It's common for me to stand on a ladder  
(check all that apply)

- ☐ with only one foot on the ladder
- ☐ while in the middle of the ladder
- ☐ while over reaching\*

\*over reaching is reaching to your absolute limit

Please refer to the diagrams for the question below



It's common for me to stand on a ladder  
(check all that apply)

- ☐ without someone holding the ladder
- ☐ with someone else holding the ladder
- ☐ with someone else on the ladder

Please refer to this diagram for the question below



**Hopping while holding  
ladder to move it**



**Climb down and pick  
up ladder to move it**

I have moved a ladder by  
(check all that apply)

- ☐ hopping while holding the ladder to move it
- ☐ climbing down the ladder and picking it up to move it

I have climbed a ladder when I was  
(check all that apply)

- ☐ fatigued
- ☐ tired
- ☐ dizzy, light headed or faint
- ☐ sick

Ask the following questions to everyone.

Ladder fall history	
In the last 5 years, have you fallen from a ladder?	<input type="radio"/> Yes <input type="radio"/> No
reset	

Ask the following questions for individuals who respond 'Yes' to falling from a ladder in the last 5 years.

What type of ladder did you fall off?	<input type="radio"/> Step Ladder <input type="radio"/> Inclined (Slanted) Ladder <input type="radio"/> Fixed Ladder	reset
Was the fall	<input type="radio"/> with the ladder <input type="radio"/> from the ladder <input type="radio"/> not sure	reset
A fall with the ladder is when the ladder falls with you. A fall from the ladder is when you fall from the ladder, but the ladder remains standing.		
What was your movement on the ladder at the time of the fall?	<input type="radio"/> standing/working <input type="radio"/> reaching <input type="radio"/> ascending <input type="radio"/> descending <input type="radio"/> transitioning onto/from ladder <input type="radio"/> mechanical failure of the ladder <input type="radio"/> not sure	reset
What caused the fall?	<input type="radio"/> slipped on rung/step <input type="radio"/> misstepping a rung/step <input type="radio"/> lost balance <input type="radio"/> ladder tipped <input type="radio"/> ladder base slipped <input type="radio"/> not sure	reset
The fall was due to	<input type="radio"/> improper ladder setup <input type="radio"/> unsafe ladder use/climbing <input type="radio"/> interference from an external object <input type="radio"/> not sure	reset
Reason for ladder use or activity being performed on the ladder	<input type="text"/>	
Has the fall affected your ladder climbing abilities?	<input type="radio"/> Yes <input type="radio"/> No	reset
Has the fall changed your behaviour on a ladder?	<input type="radio"/> Yes <input type="radio"/> No	reset