



## MAINTENANCE/FACILITIES

# Step Ladder & Stool Safety

TO REDUCE YOUR RISK OF INJURY, PRACTICE THESE SAFETY TIPS

## Hazards

- ⚠ Slips, Trips, & Falls**  
Slippery floors or rungs  
Unstable surface or footing  
High traffic location
- ⚠ Overexertion & Actions**  
Carrying heavy ladder  
Over-reaching
- ⚠ Struck Against & Contact**  
Nearby or overhead hazards  
Striking hands and fingers when moving ladder  
Electrical current

## 5 Safety Tips

- 1 Choose the right ladder for the job. Do not use aluminum ladders if work involves electricity.**
- 2 Inspect the ladder or stool to make sure all parts are in good condition. This can be done when setting up, approaching, and ascending.**
- 3 Setup the ladder or stool so that it is stable, and with the spreaders or locking devices fully engaged. Take note of any nearby or overhead hazards.**
- 4 Always use safe practices like maintaining 3-pts of contact, staying below the highest standing level or within the duty rating, and not over-reaching.**
- 5 Remove any ladder or stool from service if any defects or hazards are found. Follow procedure for next steps.**

## PPE

ADHERE TO POLICY

- ✔ **Personal Protective Equipment**



Slip-Resistant Footwear



Safety Glasses



Gloves



Hard Hat

## General Safety Tips

- ✔ Use ladders for the task it was designed for, and always follow Manufacturer's instructions and recommendations.
- ✔ Avoid carrying large equipment, or any equipment that could result in loss of balance while working on a ladder.
- ✔ Be sure that the feet of the ladder are secure and on solid ground.
- ✔ The ladder needs to be free of oil, grease, snow... etc.
- ✔ Wear proper footwear with good treads, and other PPE per policy.
- ✔ Wear your Personal Protective Equipment (PPE) as instructed by your workplace policy.
- ✔ Replace worn or damaged equipment and follow the company's protocol for lockout tagout.
- ✔ Complete all the required training and be aware of all potential hazards when working on ladders.
- ✔ Inspect and maintain your area, equipment, and tools prior to each use. Proper housekeeping will eliminate a lot of hazards associated with ladders.
- ✔ Always ask questions when you are unsure of something.
- ✔ Report hazards to your supervisor immediately.