Step Ladder & Stool Safety
TO REDUCE YOUR RISK OF INJURY, PRACTICE THESE SAFETY TIPS

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.

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

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.

PPE

- **ADHERE TO POLICY**
  - **Personal Protective Equipment**
    - Slip-Resistant Footwear
    - Safety Glasses
    - Gloves
    - Hard Hat

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