



eSafetyLine

Step Ladder Safety

Stepladders are so commonly used on the job that it is often forgotten that they require careful use. They are not designed for any degree of side loading and can be easily overturned. The best way to prevent this is to avoid over-reaching. People have been killed getting down from places such as loft spaces when they have stepped onto the top step of a stepladder which then overturned.

- Ensure stepladders are positioned on level ground or flooring and used in accordance with the manufacturer's instructions.
- Do not use makeshift or home-made ladders or carry out makeshift repairs to a damaged ladder.
- Make sure all four feet of the ladder are on a firm, dry, level surface.
- Be sure to clear the ground area around the ladder before climbing.
- Check the ladder carefully for any cracks or loose pieces before each use.
- Only use stepladders ladders in a fully open position. Lock the side braces and cross braces before climbing.
- Do not use a stepladder as a straight ladder in a folded and leaning position.
- Always wear proper footwear with good tread when climbing.

- Do not stand on the top two steps of the ladder unless they are designed for this purpose.
- Watch for people working under or around the ladder.
- Keep your body centered on the middle of the ladder.
- Do not lean to reach items while standing on the ladder.
- Get someone to assist you when working with a ladder.
- Avoid lifting or carrying any heavy items while climbing up or down the ladder.
- Use a ladder made out of non-conductive material for electrical work.
- Do not use stepladders to support work platforms.

Discussion Questions

Why is it dangerous to stand on the top two steps of a step ladder?

When is it acceptable to use a step ladder in a closed and leaning position?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/___

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date