

Step Stool and Ladder Safety



01 Always use a step ladder to reach up high.
Never use a chair desk or other unapproved item.

02 Check ladder condition.
Do a visual inspection of a ladder prior to each use to ensure it is in good working condition.

03 Set up on a stable surface.
Always set the ladder up on a flat solid surface and never on top of another item to gain more height such as a table.

04 Use 3 points of contact.
Always ascend and descend maintaining three points of contact. such as two hands and one foot or two feet and one hand

05 Always maintain balance.
Keep the waist centered with the ladder and avoid overreaching.

These simple tips can prevent injury when using a step ladder.

Step ladder safety training guide

Below are questions and talking guides for safely using a step ladder.

When to use

What are some scenarios when we might obtain a step ladder?

1. Getting something out of, or putting something into a top cabinet or shelf
2. When decorating up high
3. Cleaning up high

Accessing a step ladder

What is the process for using or requesting a step ladder?

*Explain how to request or access one for use

Steps to safely use

What are the steps for safely using a step ladder?

1. Check the ladder condition for missing parts, bends, breaks, or defects in the equipment. If any are found do not use.
2. Ensure the ladder is properly extended and on a stable ground level surface.
3. Keep three points of contact
4. Maintain proper balance.

Conclusion:

Step ladders are a great and useful tool for preventing falls in the workplace when used properly. Avoid using any other items to reach heights even if it would be faster and less of a hassle. Teachers have incidents and injuries every year due to this issue. If we each do our part to make the right call, and get an appropriate ladder when necessary, we can avoid these costly, and at times extensive, injuries.