

Step Ladder Safety

Despite increased access to scissors lifts and boom lifts on job sites, ladders are still relied on for reaching high areas on the job site. Step ladders are a quick and easy way to reach an elevated work area. The safe use of step ladders is a must on job sites. Here are some basic safety rules to follow when using step ladders.

- Inspect the step ladder prior to use to look for damage to the side rails, rungs and other damage. If a step ladder is damaged, do not repair it. It should be replaced and the damaged step ladder destroyed.
- Select a step ladder that is the right size/height for the task and that is the proper duty rating. You should not need to stand on the top two rungs of the step ladder to reach the work area. A good rule of thumb is to use a Type 1-rated step ladder that will support 250 pounds.
- Make sure that the step ladder is set on a stable and level surface.
- Do not place the ladder in front of a closed door, in a doorway or in a busy walkway.
- Be sure to spread the step ladder's legs and lock hinges before climbing.
- Maintain three-point contact when climbing up and down the step ladder: two hands and one foot or two feet and one hand.
- Always face the ladder when climbing up and down it.
- Never climb a ladder with your hands full of tools, equipment or supplies.
- Keep the ladder's steps free of debris, grease, mud, ice and snow.
- Do not overreach when working on a step ladder. Keep your belt buckle between the step ladder's side rails.

Remember: Accidents with step ladders happen when you do not take the time to inspect and properly set the ladder. Falls from step ladders can result in injury or death. Be safe and take the time to use a step ladder safely to avoid accidents.

Date of Safety Talk _____

Company _____

Talk given by _____

Signature _____

Attending Employees:

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Notes:

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