



Weekly Safety Meeting: Step Ladder Safety

Upon completion of this safety talk, participants will be able to:

- Understand the limitations of step ladder use
- Know the correct way to use a step ladder

Stepladders are so commonly used on jobsites 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 climbing down from elevated workplaces 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 the ground around the ladder is clear of all debris before climbing.
- Check the ladder carefully for any cracks or loose pieces before each use.
- Only use stepladders in a fully opened 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 in 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 nonconductive material for electrical work.
- Do not use stepladders to support work platforms.