
WORKSAFE

► Ladders (Step)

Stepladders are used often in the workplace and at home to get those things that are just out of reach. Because we use them so routinely we sometimes forget to consider the best way to check and use the ladder to reduce the risk of injury.

When using a stepladder consider the following:

- Use a stepladder that is about 1 m (3 ft.) shorter than the highest point you have to reach. This gives a wider, more stable base and places shelf at a convenient working height.
- Open the stepladder spreaders and shelf fully.
- Check stability. Ensure that all ladder feet are on a firm, level and non-slippery surface.
- Place a stepladder at right angles to the work, with either the front or back of the steps facing the work. Only one person on the stepladder at a time.
- Keep the stepladder close to the work but never climb a stepladder that is leaning against a wall.
- Avoid pushing or pulling stepladders from the side. Repeated sideways movement can make ladders wobbly since they are weaker or less stable in those directions.
- Face the stepladder when climbing up or down. Keep your body centered between side rails. You have climbed too high if your knees are above top of the stepladder or if you cannot maintain a handhold on the ladder.
- Maintain a firm grip. Use both hands when climbing.
- Do not use ladders in passageways, doorways, driveways or other locations where a person or vehicle can hit it. Set up suitable barriers or lock doors shut.

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LIVE
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Adapted from: www.ccohs.ca/oshanswers/safety_haz/ladders/