

:: Stepstool & Stepladder Safety ::

Falls from stepstools and stepladders are more common than you might think, and even though in some cases those falls occur from levels that are not that far above the ground, they can still cause serious injuries and lost time from work.

Since there are times when you may have to use a stepstool or stepladder to do your job, whether it's reaching, placing something on a high shelf or hanging/ replacing a picture high on a wall, you need to be cautious and ensure the stepstool or stepladder you are using is sturdy and in good condition.

When using a stepstool or stepladder you should not over reach or put yourself in a position where you will be off balance. Also, you should make sure that you can safely handle the weight, size and shape of whatever it is you are removing or placing on a shelf or wall. If necessary, ask a coworker for help by having them stand on the ground and support the weight of the object being lifted into place or removed; this should enable you to not have to lift the object the full distance.

Listed below are some "safety tips" for using stepstools and stepladders. Keep these in mind and follow them each and every time you use a stepstool or stepladder, and you will lessen your chance of being injured.

- Do not stand on the top two steps of a folding stepladder or stepstool. If you need to go higher to perform your work, use a taller ladder.
- Make sure that all four legs of the stepladder or stepstool are on even footing and that the spreader is fully opened.
- Don't use a stepladder as a straight ladder; the legs are not designed for this and, thereby, the base can kick out and injure you.
- Make sure the stepladder or stepstool is latched in the best position to perform the work. If you must reach out or bend excessively, stop and reposition the ladder.
- Inspect stepladders and stepstools for damage regularly. Cracked steps and uprights or loose or missing parts can result in total collapse of the ladder/stool.