



### Instructor Guide

#### Stepladders

**Topic Overview** (why the topic is important to the students)

Stepladders are safer than crates, chairs, barrels, tool boxes, or other objects often used to reach higher points, but improper use can result in injury and even death.

#### Demonstration and Discussion Topics

- **Discuss** the places in a kitchen that may require the use of a stepladder.
- **Discuss** how injuries can occur if stepladders aren't used or are used incorrectly.
- **Check out** a stepladder with the students.
- **Demonstrate** how to inspect the ladder to ensure that it is in good condition.
- **Demonstrate** how to set up a stepladder, locking the spreaders in place.
- **Point out** the top two steps that should not be used for standing.
- **Distribute** the student handout.
- **Review** the safety tips.
- **Make it real.** Tell at least two stories of stepladder-related injuries from your experience or use the following examples:
  - A kitchen worker sustained a fatal head injury after falling about 9 feet from a stepladder while reaching for equipment stored on a high shelf.
  - A young worker fell to the ground from a 6-foot stepladder while reaching to the side to place an item on a high shelf. The worker sustained hip and back injuries, and possibly a head injury.
- **Discuss** the attitude that "it won't happen to me". Remind them that an injury can and will happen if they take shortcuts or are careless.
- **Instruct** the students to identify and report any safety concerns about stepladder hazards.
- **Answer** any questions or concerns they might have.
- **Set a good example** by working safely at all times.

#### Resources

- Stepladder use  
[http://www.worksafebc.com/publications/health\\_and\\_safety/by\\_topic/assets/pdf/safety\\_series\\_ladders.pdf](http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/safety_series_ladders.pdf)
- Falls from stepladders can kill  
<http://www2.worksafebc.com/i/posters/2004/aa2004-09.htm>