

### Student Handout

#### Stepladders

Stepladders are in almost every workplace and home, so most people treat them as a safe convenience rather than the hazard that they are. Every year in British Columbia, hundreds of workers are injured in falls from stepladders that are either placed or used inappropriately.

#### Examples of hazards

- tipping over
- falling from ladder
- stepladder collapsing
- fingers caught when folding up

#### Safety tips

- Position the ladder properly.
- Fully open the ladder on a level surface, and lock the spreaders in place.
- Never use a stepladder folded up and leaning against a surface.
- Maintain 3 points of contact with the ladder (e.g. 1 hand and 2 feet).
- Do not use the shelf or top 2 steps.
- Stay between the rails – don't lean to one side.
- Never carry heavy, bulky, or awkward objects that may make going up or down the ladder unsafe.

