

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.

