

# STEP LADDERS

A step ladder is a common piece of equipment on a job site. But there is a high-risk of potential injury when using them. Falls are the biggest risk even though workers are not very high off the ground. But a fall from a ladder can cause serious injuries.

## HOW TO PREVENT INJURIES:

- **PRE-USE INSPECTION**
- **STEP LADDER SET-UP**
- **USING A STEP LADDER**
- **LADDER DUTY RATING**



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# STEP LADDER SAFETY



## PRE-USE INSPECTION ON STEP LADDER

A pre-use inspection should be completed at the **start of your shift** and **prior to each use**. Things to look for during pre-use inspections included:

- Broken or missing rungs
- Cracked side rails
- Corrosion of components
- Other defective components

## STEP LADDER SET UP

- Keep the area at the base of the ladder clear and ensure it is flat and not slippery.
- Make sure the spreader arms are locked securely in the open position.
- Don't use an unopened step ladder as a straight or extension ladder. The feet are not designed for it. Always open the step ladder fully before using it.

## WHEN USING A STEP LADDER

- Do not stand higher than the second step from the top.
- Never straddle the space between a step ladder and another point.
- When standing on the ladder, avoid leaning forward, backward or to either side.
- Never stand on the top step, the top cap, or the pail shelf of a step ladder.
- When climbing up or down a step ladder, always face the ladder and maintain **3-POINT CONTACT - two hands and one foot or two feet and one hand must be on the ladder at all times**.
- Unless suitable barricades have been erected, do not set up step ladders in passageways, doorways, driveways or other locations where they can be struck or displaced by people or vehicles using the access route.

## LADDER DUTY RATING

Make sure the ladder you are using can hold the necessary weight you require by checking its **DUTY RATING**. Any ladder used on a work site should have a duty rating sticker on the side of the ladder. Workers should take into consideration body weight, clothing, protective equipment and any tools they will have with them to determine if the correct ladder is being used based on the duty rate restrictions.

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