

Prevention Update



Use Your Step Ladder Safely

Falls are the second largest cause of accidental death in Canada. Falls from ladders are a common source of injury. The most common cause of ladder injuries is using the wrong ladder for the job, using an unsafe, damaged ladder, or placing the ladder on poor support.



Some suggestions to help prevent a fall from a step ladder:

- **Use the right** step ladder for the job.
- **Always inspect** the step ladder before use for splits, twists, broken braces, loose hinges, and loose steps.
- **Spread the step ladder legs to their limit and lock the braces.** Do not use a step ladder as a straight ladder.
- **Check for stability.** Make sure the legs are on a firm, level and non-slippery surface and remove any clutter around them.
- **Make sure to not overload the step ladder.** Step ladders are designed for one person.
- A step ladder **should not be used** as a support or brace for a work platform or plank.
- **Be careful** not place a step ladder on boxes, carts, scaffolds or unstable objects.
- **Never use** the step ladder in a location where the ladder could be struck by a person or vehicle. Set up barricades or isolate the work area.
- **Avoid standing or sitting** on the top or pail shelf of the stepladder.
- **When climbing up or down**, always face the ladder and maintain three-point contact.
- **Keep your body between the rails.** If you cannot reach, move the ladder.

**To report a serious workplace injury, contact the
24/7 Occupational Health and Safety Emergency Line at 902-628-7513.**

