

### List stepladder locations on site

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### Explain dangers

The stepladder is one of the most familiar things on a construction site. Still, workers get hurt using them.

Falls are the biggest risk. Even though you're not very high off the ground, workers have died from falling a short distance and landing the wrong way. Even sprains or strains could mean pain and days off work.

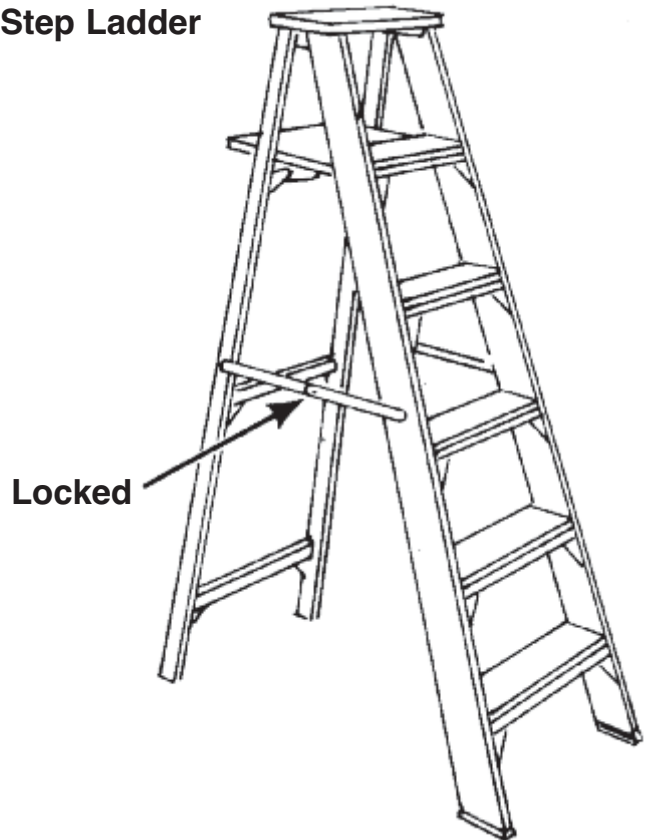
Here's how to use a stepladder right.

### Identify controls

[Use a step ladder to demonstrate the following points in your talk.]

- Check the ladder for defects or damage
  - at the start of your shift
  - after it has been used somewhere else by other workers
  - after it has been left in one place for a long time.
- Keep the area at the base of the ladder clear.
- Make sure the spreader arms lock securely in the open position.
- Stand no higher than the second step from the top.

Step Ladder



- Never straddle the space between a step ladder and another point.
- When standing on the ladder, avoid leaning forward, backward, or to either side.
- Always open the ladder fully before using it. Don't use an unopened step ladder as a straight or extension ladder. The feet are not designed for this use.
- Never stand on the top step, the top, 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.

### Demonstrate

Inspect step ladders in use on site. Determine whether other equipment would provide safer, more efficient access.