

Step Ladder Safety

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Step ladders hurt people because they feel too ordinary to respect. Most of the injuries come from the last foot of reach, the top two steps, and ground nobody checked.

WHAT GOES WRONG

- Standing on the top step or the top cap to gain one more foot of reach.
- Leaning out sideways instead of getting down and moving the ladder.
- Set up on soft ground, on a slope, or on a surface that shifts under load.
- Used folded and leaned against a wall because there was no extension ladder handy.

CONTROLS: BEFORE YOU START

- Check the duty rating covers you plus your tools before you climb.
- Open it fully, lock the spreaders, and set all four feet on firm level ground.
- Keep your belt buckle between the rails. If you have to lean, get down and move it.
- Never stand on the top step or the top cap.
- Inspect for cracked rails, loose rivets, bent spreaders and missing feet before use.

ASK THE CREW

1. Which step ladders are on this site, and when did anyone last inspect one?
2. Who is working off a ladder today where the ground is soft or sloped?
3. What job here tempts people onto the top step, and what would fix it?
4. Is there a folded step ladder leaning against something right now?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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SUPERVISOR / COMPETENT PERSON	SIGNATURE