

Safetygram

NCI-Frederick

ISM-202

GENERAL

December 2011

Step Stool and Step Ladder Safety



Due a recent increase in fall incidents involving step stools and their increased use during the holiday decorating season, EHS would like to remind everyone to use these devices safely:

- Use a step stool or ladder with handrails.
- If using the type with retractable wheels ensure you step straight down on it. Stepping at an angle could allow the stool to roll or slide.
- Move slowly and take your time.
- Ensure your device is firmly anchored before placing all of your weight on it.
- Never stand on a stool that is on an uneven surface.
- Always be aware of where the edge of the stool is located.
- Never climb from a stool onto a counter, desk, or table top.
- Never reach or stretch from your tip-toes when on a step ladder or stool. Use a higher device.
- Never stand on the top step of a step ladder.
- Never try to move the stool or ladder while still standing on it.
- If using a folding step ladder ensure it is completely folded out and in the locked position.
- Look down, and proceed slowly, when stepping down from the stool.

Slips, trips, and falls are the leading cause for occupational accidents. Be cautious! Be safe! Contact EHS at x1451 for further recommendations on step stools.