



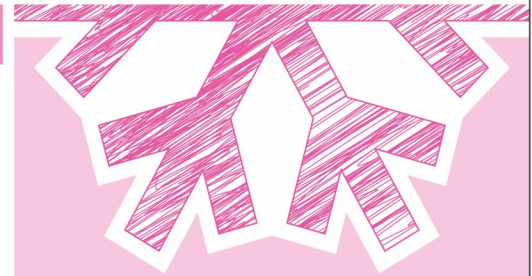
# Steps, Stairs & Ladders

Changes in elevation are a major source of slips, trips and falls. Whether you are climbing or descending stairs, ladders or steps it is important to observe the area and understand and reduce the potential risks in front of you.



## Simple rules to follow to help prevent a slip, trip or fall.

- ✓ Always use handrails and maintain 2-point contact while climbing or descending stairs.
- ✓ Make sure stairways are well lit and clear of any obstacles.
- ✓ When carrying objects up and down stairs be sure you are able to see where you are going and hold onto the handrail if possible.
- ✓ Maintain 3-point contact when using ladders by having both hands and one foot on the ladder at all times.
- ✓ Clean footwear prior to using ladders.
- ✓ Work with both feet on the same rung or step. Keep the soles of your feet in the centre of the rungs or steps.
- ✓ Make sure ladders are level and on a firm surface. Secure the ladder at the top and bottom by tying it off or have another person hold the ladder.
- ✓ Always face the ladder when going up or down.



## Protect yourself

Always make sure you use your ladder safely and follow these simple recommendations.

- Use spike foot ladders for soft surfaces.
- Use non-slip foot ladders for hard, smooth surfaces.
- Use nonconductive ladders for electrical work.

