



Step Stool Safety

Step stools and ladders are very useful tools, but when used improperly they can be very dangerous and lead to severe injury. Follow these guidelines and safety tips when using a step stool or step ladder.

Safety Checklist

- *Before you use the ladder or step stool, carefully inspect the equipment.*
 - Is it in proper working order?*
 - Is it stable?*
 - Are the feet level?*
 - Is this the right size equipment for the job?*
- *Wear proper shoes.*
 - Do not wear open toe shoes or high heels.*
 - Slip-resistant shoes are best.*
- *Make sure all of the feet of the ladder or step stool are level.*
 - Do not use the equipment if it wobbles.*
- *Maintain three points of contact with the equipment (two feet and one hand, or one foot and two hands).*
- *Do NOT stand on the top step of a ladder. Maximum safe working height is two rungs from the top.*
- *Do NOT stack step stools, chairs or any other furniture or use inappropriate equipment to reach a height.*
- *Do NOT overreach or extend your body beyond the lines of the ladder or stool.*
- *Always face the ladder when climbing or descending.*
- *Do NOT hold objects in your hands while climbing or descending.*

