

Yes

Plan ahead
Wear sturdy footwear

Ask why you need a stepladder
Would a long-handled tool be better?

Ask someone to help you carry the stepladder
Always work in pairs

Check the access route and work area are clear of obstacles and well lit
Cordon off the area

Check the stepladder before use:
 Is it well maintained?
 Is it clean?
 Is it tall enough for the job?

Have stepladder fully open

Apply locking device
Place at right angles to work

Tie securely if necessary
Ask someone to foot the ladder

Avoid and turn off electrical hazards
Take frequent rests every 30 min

Check other people are in the building
Work outside only in good weather

Check the ground is dry, firm and level
Store stepladder safely after use, making sure it is padlocked

No

Rushing
Heels, open toes, untied laces

Struggling to carry on your own
Working alone

Climbing immediately behind open doors and windows
Climbing near windows or fragile objects

Climbing broken or dirty stepladder
Working from the top 3 rungs

Working side-on
Over-reaching
Carrying more than 10kg

Transporting tools when still switched on
Climbing if tired, unwell, after alcohol or drugs, or on medication liable to cause impairment

Climbing on uneven, wet, slippery or muddy ground
Climbing in rain, windy, or icy conditions

On or near a road
Hanging stepladder from a rung

Based on our *Use of Stepladder Risk Assessment* - reviewed Oct 2016

Report faulty or broken equipment to Mark Rushton, H & S: 07969779043