

## Step, stairs and ladders

Steps, stairs and ladders present many opportunities for a slip, trip or fall injury. It is easy to ignore the associated risks, the more you engage in the activity, reinforcing an increase in riskier behaviour.

### Here are some examples that can lead to injury:

- Being complacent or viewing it as a simple part of our daily routine.
- Rushing or being in a hurry.
- Not watching their foot placement.
- Distractions. i.e. Cellphone use, carrying a load, checking the time, and talking to a co-worker.
- Selecting the wrong ladder for the task.
- Not using handrails on stairs or maintaining 3-point contact on ladders.
- Wet or icy surfaces or ladder rungs.
- Ladders setup at an unsafe angle.

### How to protect yourself and others:

- 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.
- **Use the hierarchy of controls and plan your work accordingly.**

## Summary

We go up and down stairs or ladders multiple times each day without thinking about it. Avoid accidents by keeping your eyes on path, scanning the area prior to moving, keep your eyes focused on the direction you are travelling and maintain focus and 3-point contact.



Reinforce good safety habits by asking yourself, "Is the surface I'm standing or walking on the safest possible? And How can I protect the future me?"

## Let's discuss what could affect you and your co-workers

List the areas in your work space that can be considered as potential slips, trips and falls hazard?

How can we eliminate some or all of these hazards?

Can you list some other ways we can protect ourselves from a slip, trip or fall at our site?

MEETING DESCRIPTION			
Meeting Date:		Time:	
Location:		Supervisor:	
Number in Crew:		Number Attended:	
Attended By:			Absent

REVIEW ITEMS FROM PREVIOUS MEETING	INCIDENTS/INJURIES REVIEWED

TOPICS DISCUSSED
1.) <b>Winter Ready – Steps, Stairs and Ladders</b>

WORKERS CONCERNS

CORRECTIVE ACTIONS TO BE TAKEN

MEETING CONDUCTED BY			
Supervisor:		Manager:	
Date:		Date:	