

Handling Items on Ladders

Retail & Stockroom Safety

Ladder use can be unsafe, are there other options?

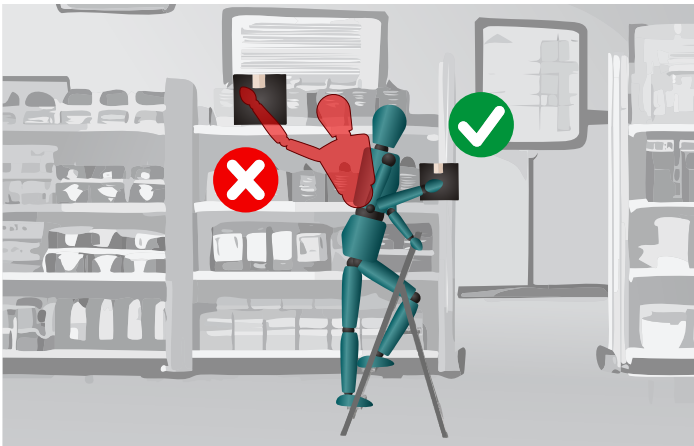
If you must handle items on a ladder, use these 4 quick tips to stay safe and prevent injuries:

Warning

Refer to the Manufacturer's instructions for specific ladder use information, procedures and weight restrictions. **Don't forget to include weight of tools and objects.**

1 Get Close

- Stay facing the ladder with body centered
- Reposition instead of reaching



2 Check the Item First

- Size & weight: awkward or unbalanced?
→ If yes – don't lift it on a ladder



3 Keep 3-points of contact

- Always maintain control



4 Climb First. Handle Second

- Avoid carrying items while going up or down
- Get help if needed



See reverse for more information >

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When you're on a ladder, carrying or moving items can throw off your balance. This increases the chances of falls, strains, and other injuries. Use the tips below to stay safe.

Before using a ladder, think about safer options

If possible, use equipment to avoid handling items while on a ladder:

- A lift or mobile platform that raises you to the right height
- A mobile ladder platform with tools that help lift or lower items (like pulley systems)

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1

Get Close

- Pick the right ladder or step stool for the job
- Clear the area before setting it up
- Move the ladder when needed so you're always close to what you're reaching for

2

Check the item first

- **Large, heavy, or awkward items should not be handled** on ladders or step stools – use different equipment instead
- **Stay square to the ladder at all times:**
 - Keep your body facing the ladder and stay centered
 - Keep your belt buckle between the side rails
- **Don't reach too far:**
 - Work between mid-thigh and shoulder height
 - If you can't reach safely, stop and reposition the ladder or get a better one for the job

3

Keep 3-points of contact

- Choose ladders and step stools that let you keep steady hand and foot positions
- Use handrails when they're available
- Always follow the manufacturer's instructions and maintain control using 3 points of contact



If you must handle an item while on the ladder, make sure it DOES NOT:

- Throw off your balance
- Stop you from keeping 3 points of contact
- Block your view
- Go over the ladder's weight limit (your weight + the item's weight)
- Require you to work for a long time in that position

4

Climb first. Handle Second.

- Use a stand or platform to set the item down before climbing
- If you can't maintain 3 points of contact while climbing, it isn't safe
- Ask a co-worker for help to pass an item while on the ladder, **ONLY** if the item is above your mid-thigh
 - **DO NOT** pass items below your mid-thigh because it can affect your balance on the ladder
- Some ladders and steps have special rules – check manufacturer's instructions and the QR code below for more details

Find more information on preventing falls and MSDs when using ladders and step stools

