

# Using step stools

## Objective

Talk about how using step stools can prevent injuries, and share how they're currently used at your school.

**Start with this scenario:** Show the photograph on the back of this page to employees sitting near the front of the meeting. Ask for a volunteer to describe the photograph to the group and offer an explanation for why the trash can is upside down. (It had been used as a make-shift step stool.)



**Ask:** Why would someone use this as a step stool? **Note:** A step stool is not readily available. Talk about the importance of each classroom having its own step ladder.

**Share:** Slips, trips, and falls result in many school district injuries. Many falls involve unsafe behaviors, such as using a chair or a trash can as a step stool.

**Ask:** How many of you have retrieved an item from a high shelf this past week? Please raise your hand. Please keep your hands up if you used a step stool. Thank those who still have their hands up.

Details to consider sharing:

- Using a step stool is much safer than using a chair, trash can, or box, as these items can collapse or be unstable.
- Using a step stool to get an item from a top shelf lets you get closer to the load, reducing shoulder stress.
- Encourage employees to take the time to get the proper equipment to do the job safely.
- Encourage employees to use carts or other equipment and to ask for help if they are moving heavy or awkward items to high locations.
- Encourage employees to avoid placing heavy or awkward items in high locations when possible.

## Ask:

- Is there anyone who does not know where to find a step stool?
- Are there areas where we need additional step stools or ladders?
- Are step stools and ladders readily available in the areas where they will be needed?

**List:** Actions to take as a result of input and discussion.

**Ask:** Any safety concerns or suggestions?



# Why is this trash can upside down?