
A Cooperative Effort

The Kahnawake Occupational Safety and Health Office along with Mohawk Self Insurance are working closely to reduce workplace injuries. Workplace injuries cost employers, employees, insurance providers and families thousands of dollars each year. By providing the tools through promoting safety, providing training and or training materials and continued safety awareness, together we can reduce workplace injuries.



P.O. Box 720
Kahnawake Mohawk Territory
via Quebec, Canada J0L 1B0
Phone: (450) 638-0500 ext. 249
Fax: (450) 632-0976
E-mail: chelsea.phillips@mck.ca

“Safety” Is No Accident



**Mohawk Council of Kahnawake
Community Protection Unit
Kahnawake Occupational Safety and Health**

P.O. Box 720
Kahnawake Mohawk Territory
via Quebec, Canada J0L 1B0
Phone: (450) 632-0635
Fax: (450) 635-1834
E-mail: louis.stacey@mck.ca



**Mohawk Council of Kahnawake
Community Protection Unit
Kahnawake Occupational Safety and Health**

Stairways and Ladders



Watch your Step

Introduction

Each year thousands of workers are injured while working on stairways and ladders. Working on or around stairways and ladders is very hazardous and most accidents result in time off the job. Injuries have resulted in trips, falls, cuts, bruises, broken bones. Trips and falls from stairways and ladders have also been the result of many fatalities. All of these types of injuries can be avoided with some simple planning prior to using or working around stairways and ladders on the job.



Stairway Safety Tips:

Prior to using a stairway visually inspect it, if for any reason you feel the stairway is unsafe, do not use it. Immediately bring it to the attention of your supervisor.

Never run up or down stairs

Always use the handrails and/or guardrails

Spills on stairways are a major hazard and should be cleaned up immediately.

Never leave materials unattended on a stairway, always remove objects off stairs to avoid trip hazards.

Ensure the stairway is well lit and do not use stairway if lighting is not sufficient, except in an emergency situation such as a fire, and do so using extreme caution.

Unprotected stairways under construction should not be used.

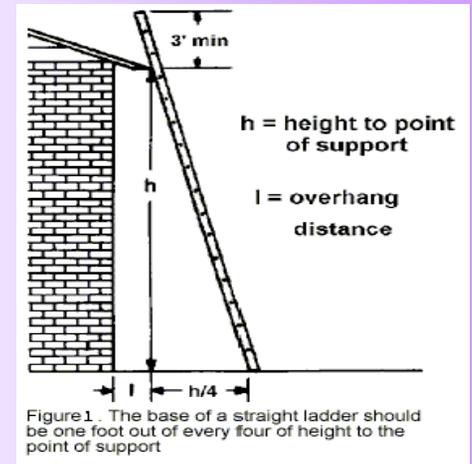
Portable Ladder Safety:

Read and follow all manufacturers labels, markings and instructions.

Inspect ladder prior to use for any defects such as cracked rungs or siderails.

Never carry tools/materials up or down a ladder.

Always use a 3-point contact when climbing up or down a ladder (two hands and a foot or two feet and a hand).



Always face the ladder when climbing and keep your body in the center of siderails.

Do not use the top step/rung of a ladder unless it is designed for that purpose.

Ladders must extend at least 3 feet above it's support or landing.

Always tie off ladder to avoid it from shifting.

Ensure ladder is positioned properly with base of ladder out 1 foot for every 4 feet in height (see Figure 1).

Don't use metal ladders for electrical work.

Do not overload ladders.

Never store or hang tools from, or on the top of a ladder.