TOOLBOX TALK #36

Vital GRP

Trestles & Stepladders

Prepare: Quiet location? No distractions? Talk aids ready?

Reason: Trestles and steps are often misused, and many

accidents have occurred.

Why: Observe the rules and prevent a fall

Outline: This talk will cover folding and adjustable

trestles and stepladders



Folding Trestles

- Use for light work and short duration only
- Check for damaged bearers, hinges or stiles before use
- Use lightweight staging for the platforms if normal scaffold boards are used, support at 1.2 meters centres.

Q: If using scaffold boards what is the support spacing?

- Before erecting trestles ensure ground is stable and level.
- Do not sue top one third of trestle as this is unstable.
- Do not increase height of platform by using hop ups.
- Platform must be at least 600mm wide.

Q: Why shouldn't the top one third be used?

Adjustable trestles

- Ensure correct pins are used when height is raised, do not use re-bar or nails.
- If using normal scaffold boards spaces stands 1.2 metres apart.
- If used with lightweight staging check allowable loads.
- If it is possible to fall 2 metres or more guardrails and toe boards must be fitted.
- Ensure you have a tied ladder for access to the trestle.

Q: When adjusting height what should be used to pin adjustable section in position?

Stepladders

- Can a mobile scaffold tower or MEWP be used instead?
- Check treads, stiles, hinges and restraining rope before using a stepladder.

NOTES

For more information
Call: +44(0) 1206 396446
Email: sales@vitalgrp.co.uk
vitalgrp.co.uk

TOOLBOX TALK #36

Vital GRP

NOTES

Trestles & Stepladders

Damaged stepladder – either destroy or return to the supplier.

- Use of firm level base.
- Do not work higher than two thirds up stepladder (hand hold)

Q: Before using steps what should you consider?

- Do not use boards between treads on steps to provide a working platform – they are not designed for this loading.
- Do not paint wooden steps, use clear varnish.
- Do not lean outwards or sideways from the steps, move them.
- Ensure steps are fully extended before you go up
- Repost all damage immediately.

Q: Why shouldn't you use boards on step treads?

NOTE TO SUPERVISOR

Now inform your workforce of the company policy regarding stepladders and trestles.

Do you have any questions for me?

Questions for you

Q: How often should scaffold boards be supported when used on either adjustable or folding trestles? **Q:** Before using steps what should you check?

REMEMBER

Observe the rules and prevent a fall

_

Sources: Safe use of ladders and stepladders - HSE