

## CP1 Training

### What are the hazards and how might they harm?



Back and muscle strain  
from manual handling  
and/or overreaching



Impact injuries as a result  
of falling from height



Crush and impact injuries  
to limbs from falling items

### What other precautions should be taken?



Wear appropriate footwear  
with slip-resistant soles



Step stools must be less  
than 0.8m (80cm) high

Individuals who have not completed CP1 training are not permitted to use any type of ladder, or work above a height of 0.8 metres.

## Use of step stools and stepladders (less than 0.8m height)

### Safety Task Card STCGE 10

Unit Managers – use page overleaf to list any hazards and control measures specific to your site which are not listed below

### Safe System of Work

1. Only use a step stool or stepladder if:
  - There is no suitable safer alternative means to access the task
  - The work task is of short duration
  - It is used for light work where a maximum load of 10kg is carried
2. The step stool or stepladder must be in good condition and a suitable size for the task. It must be inspected by the individual before use for signs of damage.
3. It must be suitable for the surface conditions on which it will be used, for example, suitable for use on smooth surfaces or floor tiles, and the step surface must have a sound slip-resistant grip.
4. Position the step stool on a firm level surface that is free from loose materials, spillages and obstructions.
5. Make sure it is not at risk of being pushed or knocked by other hazards, such as opening doors. If necessary, secure doors, have a person stand guard or erect suitably located warning signs or barriers as appropriate to warn or prevent unauthorised access during the task.
6. Position the step stool or stepladder to face the work.
7. You must wear suitable and clean footwear with a good sole grip and a low heel.
8. Never overreach when working on a step stool.
9. Do not attempt to lift an object that is beyond personal capability.
10. Always face the step stool or stepladder when standing on and off it.
11. Stand on the step with both feet firmly in contact with the step surface.
12. After use, return it to a secure place of storage.
13. Do not use a defective step stool or stepladder and report damage to your manager immediately.

