

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 metre centres.

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

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

NOTES

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Stepladders

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

<https://www.hse.gov.uk/statistics/pdf/fatalinjuries.pdf>

[https:](https://www.hse.gov.uk/statistics/industry/construction.pdf)

[//www.hse.gov.uk/statistics/industry/construction.pdf](https://www.hse.gov.uk/statistics/industry/construction.pdf)

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