



**METHOD STATEMENT: MS035**

**Task description: Safe use of a step up.**

**Equipment**

Step up

Warning signs

Cleaning equipment ( see relevant risk assessment for task being carried out)

**PPE**

Appropriate footwear

Appropriate clothing

**Safety (when using any ladder)**

Only carry light materials and tools

Don't overreach

Don't overload the Step up – consider your weight and the equipment or materials you are carrying before working at height

Avoid holding items when climbing. Place items on work surface first.

**Procedure**

Make assessment of the cleaning task or other task and only use the "step up" **where no other option** working from ground can be achieved

Check the ground condition for good footing, slippery flooring, uneven flooring).

Site Step up on a firm base. Locate stability device or ensure Step up is footed.

Wet sponge/ cloth or applicator with water and detergent and leave bucket in a safe place, if needed.

Proceed to clean work area or other tasks making sure not to overstretch.

Step down from the "Step up" and store away neat and tidy.

Remove warning sign