

Step Stool Safety

We're all familiar with step stools. The critical question is: Do you use them? Or do you use the chair with wheels? Or, considering yourself to be safer, do you use the chair without wheels?



We all know that the use of a chair when trying to get to something that is just beyond our reach is not a good idea. Chairs with wheels are an obvious no-no, because the wheels can move as we climb on or off the chair, or even while we are standing on the chair, leading to a fall. But why can't we use the standard chair without wheels? Because they are designed for sitting and can tip easily when you are standing and your weight is shifted from the center. To avoid accidents and injuries when trying to stretch for something just a bit too far out of reach, always use a step stool.



Be sure your stool is in good condition and stable. Make sure it is close enough to what you are trying to reach so that you don't have to lean to get an item, which can cause you to lose your balance. If you can't reach it from the step stool, you need a ladder.



You can reduce the need for a step stool by storing commonly used items at waist height. Those things that are rarely used can be stored at higher or lower levels. Be sure a step stool or ladder is available at all times so it is there when needed.