



Micro Trainings

(Using Stilts)

Hazards to Watch for:

- Falls from the same level
- Poor site conditions or lighting
- Congested task area
- Strains/sprains
- Trips/falls
- Poor housekeeping

Additional PPE:

- Hard Hat chin strap must be buckled while using stilts to protect the workers head in the event of a fall

Safe Procedures to Follow:

- Only trained and competent workers are allowed to use stilts
- You must be cleared by your foreman before working on stilts
- Prior to starting work each day identify and eliminate trip hazards, floor recesses, open and covered holes, slippery conditions, and rolling stock.
- Ensure task lighting is adequate, cords are rerouted, and leading-edge railings are adequate for protection while on stilts
- Communicate with other trades in the task area, or danger off area to avoid congestion
- Clean-up and sweep task area prior to starting work and keep area free of debris while working
- Stilt inspections must be completed each day using the FSS stilt checklist
- Use a Baker scaffold to access stilts
- Use proper ergonomics and avoid overreaching or twisting



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- If feasible, keep materials stocked on tall rolling carts (Baker scaffold) for mobility and material access
- Always follow manufactures recommendations for use

Stilt Inspection: (To be done by qualified person and user prior to starting work and each use)

1. Assure wingnuts are tight
2. Inspect connection of calf brace to shaft
3. Assure foot straps are fastened tightly
4. Visually inspect straps to ensure they are in good shape, not frayed
5. Inspect the rubber foot pads to make sure they are not worn down to metal
6. Make sure the calf brace is secure
7. Check to make sure plastic bushings are in the tubes
8. Make sure all nuts and bolts are correctly tightened
9. Make sure the overall condition is good
