



STILT TRAINING

- In This Training
 - Potential Hazards
 - Personal Preparations
 - Stilt Inspection
 - Site Inspection
 - Learning to Walk
 - Techniques and Habits
 - Stilt Maintenance

POTENTIAL HAZARDS

- Falling is the most significant hazard while wearing stilts, as losing your balance or tripping can lead to serious injuries.
- Uneven surfaces, debris on the floor, cords, or other obstacles can easily cause trips and falls when on stilts.
- Wet or slippery surfaces can also lead to falls.
- Stilts can limit foot movement and flexibility, potentially hindering the ability to regain balance during a stumble and increasing the risk of falls.
- Stilts add height, increasing the chance of bumping into windows, doorways, overhead fixtures, or other objects.

POTENTIAL HAZARDS

- Lifting or carrying materials while on stilts can strain your back or other muscles.
- Increased height and altered gait on stilts can put stress on your body, leading to fatigue and increasing the risk of sprains and strains.
- Loose straps, broken parts, or improperly adjusted components can lead to falls and injuries.

PERSONAL PREPARATION

Do warm up stretches with a focus on:
Quadriceps
Hamstrings
Heels-Caves

Hold stretches for
10 to 15 seconds

Do balance exercises
Practice balancing on one
leg

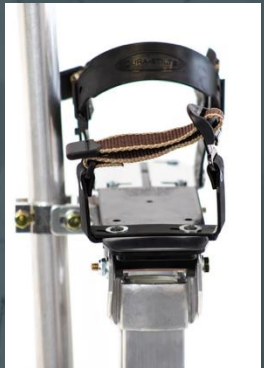
Do Stretch and Flex
balance and core strength
exercises

Improve core strength



STILT INSPECTION

- Inspect stilts before each use
- Stilts should be clean and free of drywall mud that may hide defects
- Look for cracks and metal fatigue
- Look for worn straps
- Check foot pads. The rivets should be $\frac{1}{4}$ inch from touching the floor.
- Check bolts and screws for proper tightness
- Ensure the stilts are adjusted to fit the user.



SITE INSPECTION

- Assure that lighting is adequate
- Clear floors and walkways where stilts will be used.
 - Re-route cords
 - Remove all trip hazards
- Check for level surfaces. Do not use stilts if the ground is uneven.
- Check for holes and trip hazards -Some hazards may be hidden by floor covering materials. e.g., painter's tarps or ram board
- It may be necessary to control access to the task area to keep stilt users safe.
- Caution tape and signage are best practice. Ask your foreman for help.



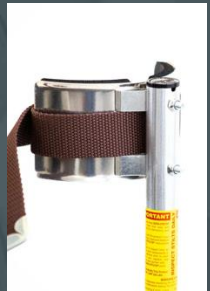
LEARNING TO WALK

- Start with lower stilts and slowly increase the height as your confidence and skill improve.
- Take small, controlled steps, maintaining a steady pace, and distributing your weight evenly.
- Practice shifting your weight from foot to foot, keep one foot in place while the other lifts and lowers.
- Walk along a wall, using it for support as needed. Practice walking with your arms at your sides while maintaining balance.



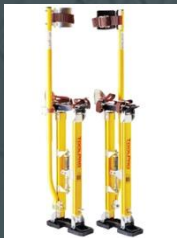
TECHNIQUES AND HABITS

- Maintain a straight posture with your torso completely vertical while on stilts.
- Take slow, controlled steps, ensuring each foot clears the floor completely. Avoid dragging or shuffling your feet.
- Pay close attention to the walking surface, avoiding uneven ground, potholes, or obstructions.
- Wear work boots with good traction that are securely attached to the stilt platform.
- Adjust straps to secure your feet to the stilts.



STILT MAINTENANCE

- Before each use, visually inspect stilts for damage or defects, including loose straps, broken springs, or missing parts.
- Damaged stilts must be taken out of service and repaired by a qualified person or shop.
- Replace damaged stilts if necessary.
- Do not attempt to modify stilts without manufacturer approval, as this can compromise safety and lead to potential hazards



CLICK HERE TO TAKE THE QUIZ

