

Weekly Safety Meeting

Safety by Design hopes you and your team benefit from this Tool Box Talk. Please note that this Tool Box Talk is intended as an overview of key points regarding this subject and is not intended to be complete training in accordance with any regulatory standards. If you have any questions or would like to obtain the appropriate training, please call Safety by Design at (832) 425-0556, or email us at info@safetybydesigninc.com. Thank you, and remember to always stay safe.

Company Name	Project Name	Supervisor	Date

Walking Stilts

Stilts provide a cost effective and efficient way to perform tasks, such as tape and floating, hanging ceiling grid, installing ceiling tiles, etc. However, stilts also create a hazard to those using them and can cause serious injury if they are not used correctly.

Planning

Before walking stilts, a hazard assessment must be performed to identify hazards including, but not limited to:

- Inspect stilts for damage or defects – Have them repaired by someone qualified by the manufacturer or replace prior to use if damaged
- Stilts should only be modified by someone specified by the manufacturer
- Not everyone is able to use stilts. Users need to have good balance/coordination and not be afraid of working at heights.
- Changes in level or slope of the work area – Surfaces must be flat
- Guardrails – Guardrail height must be increased by height of the stilts
- Leading edges – Additional fall protection must be used
- Holes – Stilts should not be used unless floor is free of pits, holes or other obstructions
- Overhead hazards (i.e. lights, sprinkler heads, etc.)
- Trash, debris, materials, cords, water, other slip/trip hazards – These must be removed before walking stilts and maintained the whole time someone is working on stilts in the area.

Mounting/Dismounting

- A rigid platform should be used for mounting/dismounting stilts with the platform at a height equal to or greater than the height of the stilts
- STEP LADDERS ARE NOT TO BE USED FOR MOUNTING/DISMOUNTING.
- Stepping up and balancing on one stilt then bending to fit the second is also not acceptable.

Use

- Only use stilts with torso completely vertical. NO BENDING
- NEVER use stilts if you are experiencing fatigue
- NEVER walk up or down stairs while wearing stilts
- NEVER walk backwards
- NEVER pick up items below knee level
- Keep area where stilt users walk clean at ALL times
- Stilts may not be used on a scaffold unless it is a large area scaffold (i.e. dance floor)

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GOOD



BAD



BAD

ADDITIONAL TOPICS COVERED: (I.E. Hazcom, Emergency Plan)

1.
2.
3.

MEETING ATTENDEES:

PRINT NAME	SIGN NAME	EMPLOYEE NUMBER
1.		
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11.		

Basic Fire Safety

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12.		

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