

Hazard Review

- **Fall from ladder**
- **Repetitive strain injury (including back)**

Related Safe Work Practices

- **Ladders**
- **Lifting and Body Mechanics**

Required Personal Protective Equipment

- **Heavy work gloves**

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BEFORE

1. Try to plan this work for when you are feeling energetic, and not fatigued. Past injury has occurred when staff attempted to use this tool when fatigued.

DURING

1. Take breaks and stretch as needed while using.
2. Make sure you are high enough on the ladder to get good leverage and that you have a firm stance. Be sure someone is holding the ladder (see *Ladders*).
3. Let the tool do the work - lift and drop.
4. Use good body mechanics when lifting the driver (e.g. bend knees instead of back, keep tool close to body; see *Lifting and Body Mechanics*).

AFTER

1. Report any problem or deficiencies noted during your shift. If the problem is serious, make it your responsibility to have the vehicle removed from service.