Job Task

Sitting/ Walking/ Using Ladders

Hazard Review

Falls, trip, cuts

1. Avoid excessive bending, twisting and leaning backward while seated.
2. Keep stairs, walkways, aisles, and walk areas clear of boxes, loose materials, wires and other objects.
3. Always use a stepladder for overhead reaching. Chairs should never be used as ladders.
4. Clean up spills immediately.
5. Pick up objects co-workers may have left on the floor.
6. Report loose carpeting or damaged flooring.
7. Never carry anything that obscures your vision.