



ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: *STILT USE: THINGS TO CONSIDER*

Falls have been the leading cause of death in construction for years and in just about every single case, the person who dies either was not wearing fall protection or was not wearing it properly. Stilt users represent another category of employees exposed to falls. This places the employee 24 to 42 inches above the work surface, exposing your head to a fall of more than eight feet.

When using stilts for any activity, there are some key factors that need to be considered.

1. A complete visual and hands on inspection of all parts and pieces, paying attention to the condition of the rubber shoe pads. Look for all fasteners to be tight, examine straps for fraying and cracks in any metal parts.
2. Check weight limits on specific equipment and make sure man and tools are within limit.
3. Perform a walk of the work area and identify all tripping hazards and get the floor clean, broom swept with dry floor compound and free of moisture. NEVER WALK STILTS ON A WET SURFACE!
4. Mount and dismount from stilts using a platform ladder, scaffold, or other suitable means.
5. Make sure that all users strap the upper leg strap first, followed by heel and foot strap.
6. Housekeeping must be held to the highest standards: cord control, obstructions, pedestrian foot traffic, slab penetrations must all be addressed PRIOR to walking on stilts.
7. Always complete a Job Hazard Assessment – JHA or Pre-Task plan – before working on stilts.
8. Observe your employees walking stilts. Look for smooth short strides, no touching of walls or grabbing ceiling grid or rebar or all thread. Walk only in a forward motion, making a U turn when changing directions. Remove stilts when accessing stairs.
9. Have one ground man for every two men on stilts to ensure a safe work area.

Remember, once you are elevated on stilts, it only takes a fraction of a second to skip one of these steps and expose your employee to serious injury. Take a moment to observe your workers and work area every time you pass someone working on stilts. A minute of observation can save a worker from life threatening injury!

Provided by the ASA – Houston Chapter Safety Committee

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