





Picture of task/equipment: 	Task:	lighting
	Name of Shop or Dept:	OCH-Rooms
	Job Title(s):	Custodian, Senior & Assistant
	Analyzed by:	M. Williams
	Date:	05/22/13
Required PPE:		
Non-Slip Shoes 		Safety Glasses 
Required/Recommended Trainings:		
STF Safety		Ergonomics
TASK	HAZARDS	CONTROLS
Changing light bulbs 	Slips Trips Falls Struck by Sprains Strains	<ul style="list-style-type: none"> • Don PPE, including non-slip shoes and safety glasses to prevent falling debris getting in your eye • Check immediate area for large debris and remove this prior to working overhead. • Clear area ahead and inform bystanders of overhead work in the area. • An "A" frame ladder can be used for ceiling heights at 10' or less; see JSA for "A" frame ladders for safe operation. • For higher roofs, use a telescoping pole to safely remove bulbs without having to work at heights. • Position yourself underneath the direct area to avoid swaying and excess force on the telescoping pole; avoid over reaching as this can result in trips and falls • Rotate hand position on telescoping poles to eliminate repetition for both hands. • When changing a high frequency of bulbs, take short breaks to avoid static pain from working overhead.