



# USAG – Fort Stewart Safety Gram

*Sustaining, Supporting, and Defending Safety Excellence*



U.S. ARMY

ARMY SAFE  
IS ARMY STRONG

SG #14-01

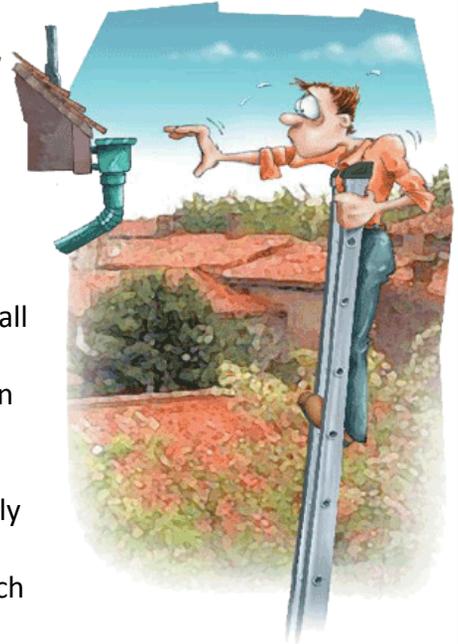
## Fall Clean-up Safety

01 Oct 13

***Yard work does not end simply because summer is over. Here are some safety tips for tackling autumn tasks around your home.***

### **Yard Work Safety:**

- Always wear eye and hearing protection.
- Wear protective footwear and gloves.
- Keep power equipment in good condition and ensure that all safety features are intact and operational.
- When lifting heavy bags of mulch, use a wheelbarrow when possible, and remember to lift with your legs, not with your back.
- Be careful when pruning. Pruning from a ladder is especially dangerous.
- If you are doing a lot of raking, try an ergonomic rake, which can be found at most hardware stores and garden centers.



### **Ladder Safety:**

- Inspect the ladder for loose screws, hinges or rungs
- Make sure all ladder legs are on a firm, level surface. Don't place a ladder on uneven, soft or muddy ground.
- Before you climb a ladder, make sure all ladder locks and safety braces are engaged.
- Never sit or stand on the top of a step ladder or pail shelf. These areas weren't designed to hold heavy weights.
- Select the proper ladder for the job. A step ladder is good for washing windows and other jobs at low or medium heights. Use an extension ladder for high places, such as cleaning the gutters.
- Verify weight limit of ladder before using.
- Don't stretch or lean from your ladder to reach a work area. Climb down the ladder and reposition it closer to your work area.

***Manage The Risk – Protect The Force***

*For additional information contact:*

*Your Unit Addition Duty Safety Officer (ADSO) or Collateral Duty Safety Person (CDSP), or*

*USAG Installation Safety Office: Fort Stewart Office @ 912-767-7880; Hunter Army Airfield Office @ 912-345-4901.*