Using Tools and Equipment to Prevent Strains – School Safety Picture This





The image shows a school staff member using a step ladder to clean a high surface, which is generally the right approach—but there are safety concerns visible. The man is reaching awkwardly with one arm while holding a spray bottle in the other, likely causing strain to his back and shoulders. Additionally, he appears to be working above seated students, putting them at risk in case of a fall or dropped object. The situation illustrates poor use of positioning and a lack of attention to surrounding safety.

Safety Recommendations: When using tools like ladders, it’s crucial to maintain three points of contact, avoid overreaching, and ensure the area below is clear of people to prevent injury from slips or dropped items. Tasks requiring extended reach or overhead work should be performed with appropriate long-handled tools or support equipment. If students are present, staff should delay such tasks or request that the room be temporarily vacated. Proper planning, equipment selection, and environmental awareness are key to reducing strain and injury risks in school settings.