### Task: CHANGING FLUORESCENT LIGHT TUBES

**Modification to Daily Attire Requirements:** Long Pants or Equivalent (Tyvek/Coveralls, etc.)

**Required PPE:**
1. Safety Glasses
2. Gloves (nitrile or leather as appropriate for the task)
3. Safety Shoes (slip resistant)

**Required Training:**
- Ladder Safety Training
- Personal Protective Equipment Training (PPE) (if applicable)

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<th>TASK</th>
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| Select and Prepare Ladder for Use | Bodily Injury / Muscle Strain | - Carefully remove ladder from storage; be aware of storage that may be dislodged and fall  
- Use safe lifting techniques |
| | Shock / Electrocuton | - Use non-conductive ladder (fiberglass) |
| | Fall from Ladder | - Inspect ladder if not used and/or inspected recently  
- Set-up ladder properly – follow all warning labels on ladder |
| Set-up and Use of Ladder | Fall from Ladder | - Follow ladder training- look for hazards, set up cones to prevent others from moving ladder, etc.  
- Never stand on top step or top of ladder - follow ladder warning label instructions |
| | Skin Abrasions (Legs) | - Wear long pants or equivalent protection |
| Changing Fluorescent Light Tube | Eye Injury from Falling Particulate | - Wear safety glasses or safety goggles |
| | Shock / Electrocuton | - Use non-conductive ladder (fiberglass)  
- Turn off switch/shut off power to light fixture before changing bulb |
| | Cuts and Scrapes | - Wear gloves when cleaning up broken glass |
| | Mercury Exposure | - If bulb breaks while you are nearby, leave the area for 15 minutes to allow time for contents to settle  
- Gently sweep (create no dust) debris into bag or sealed container  
- Label as Universal Waste (lamps)  
- Bring to designated Universal Waste storage at FMS yard |

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| Proper Disposal of Tube | Cuts / Mercury Exposure | - Use same controls as above for cuts/mercury exposure (wear appropriate gloves)  
- Place in box or other secure container to avoid breakage  
- Label properly and bring to designated Universal Waste storage at FMS yard |
|------------------------|------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Returning Ladder to Storage | Bodily Injury / Muscle Strain | - Use Safe Lifting techniques  
- Carefully return ladder to storage; be aware of items that may become dislodged and fall when placing ladder into storage area |