SG6:22 MANUAL HANDLING IN THE SCAFFOLDING INDUSTRY

Overview

Nearly a 3rd of all injuries at work are caused by manual handling.

Get it wrong today and you'll suffer the consequences tomorrow.

This talk will cover: considerations and good techniques for manual handling.

Hazards

Dropping materials from height

Note: Scaffolding materials should never be thrown, deliberately dropped or allowed to fall.

The practice of bombing or throwing materials is now considered unsafe practice and all materials should be handled in a controlled manner e.g. passed hand to hand or via the use of manual handling aids.

Bad manual handling techniques cause injuries both in the short term and the long term.

Injuries and strains could result in work-related musculoskeletal disorders (WMSDs) and Upper Limb Disorders.

What should you do

- ‘Chaining’ or ‘hand-balling’ is traditionally the quickest method of raising or lowering scaffolding materials to and from the work area. It consists of operatives positioning themselves on different lifts of a scaffold structure and passing materials from one to the other up or down.
- Lengths of material are passed through the hands, sliding and gripping alternately. The distance between them will vary on the length of material; i.e. 1.5m transoms will require operatives to be on adjoining lifts and materials 2.4m and longer will require operatives to be on alternate lifts.
- Always use mechanical handling methods instead of manual handling if possible, e.g. forklifts or pallet trucks etc.
- Know your capabilities, only tackle jobs you can handle.
- Can you handle the load yourself, do you need assistance?
- Is there a clear walkway with good lighting to the work area?
- Ensure there are no loose fittings, or similar trip hazards, under your feet. Clear the walkway and your work area before you start work.
- Where possible, establish the weight of the load before lifting.
- Wear gloves to protect against cuts and punctures.
- Wear safety boots (steel toecaps and midsole protection) to protect from falling loads.
- Carry out a trial lift by rocking the load from side to side; then try lifting it a small amount to get a ‘feel’ for it.
- Assess the route (including restricted headroom) and decide in advance if you have to reduce load or to arrange a different access route or use a different manual handling methodology.
- Where there is restricted headroom, please also consider carrying material to this point, stacking it safely and neatly, and chaining material through this space (i.e. underneath a low beam).

Points for discussion

GOOD HANDLING TECHNIQUES

- Stand reasonably close to the load, feet hip-width apart, one foot slightly forward pointing in the direction you’re going.
- Bend your knees and keep your back straight.
- Get a secure grip on the load.
- Breathe in before lifting as this helps to support the spine.
- Use a good lifting technique, keep your back straight and lift using your legs.
- Keep the load close to your body.
- Don’t carry a load that obscures your vision.
- Lift slowly and smoothly.
- Avoid jerky movements.
- Avoid twisting your body when lifting or carrying a load.
- When lifting to a height from the floor, do it in two stages.

Further Considerations

When two or more people lift a load, one person must take control to co-ordinate the lift.

- NASC SG6:22 Manual Handling in the Scaffolding Industry
- CITB – Construction Site Safety – Module 9
- HSE publications – L23, HSG60, INDG143
- HSA – Guidance on the Management of Manual Handling in the Workplace
- HSA – Handle with Care-Manual Handing

BRIEFING ATTENDANCE MANUAL HANDLING

Given by		*Signature*	
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Start Time		*Finish Time*	

I HAVE READ OR HAVE BEEN BRIEFED AND UNDERSTAND THE BREIFING THAT HAS BEEN GIVEN TO ME

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