



Small Sites

Manual handling

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Introduction

- Lifting and moving loads manually is one of the most common causes of injury at work.
- 56,000 Work Related MSD cases in construction per year
- There is no truly 'safe' weight limit for manual handling operations so try to find alternatives.

When you have to manually handle loads consider:



<p><u>T</u>ask - how often, how much twisting or bending is needed?</p>	<p><u>I</u>ndividual capability, male or female, old or young, experienced or inexperienced?</p>
<p><u>L</u>oad - how heavy? Good grip? Bulky? Heavier at one end?</p>	<p><u>E</u>nvironment - hot, cold, uneven floor, windy, stairs?</p>

Remember : TILE

Some solutions

- **General Handling**
- **Building Blocks**
- **Panel products e.g. Plasterboard**
- **Heavy Lintels**
- **Bagged Aggregate**



General Handling



- Simple aids on site -
- sack trucks, trolleys





Masonry Units/Blocks

- Specify/order blocks that weigh less than 20kg
- Store blocks where they will not get wet (and increase their weight)
- Arrange work so that lifting over shoulder height is not carried out
- Deliver blocks as close to the point of laying as possible



Masonry Units/Blocks

- Do not carry them up ladders
- Raise spot boards to a comfortable working height
- Adjust scaffold platform to be at a height to allow the bricklayer to work between their knees and chest (if hop up used make sure that edge protection is provided on the main scaffold that takes account of this)



Panel products e.g. Plasterboard

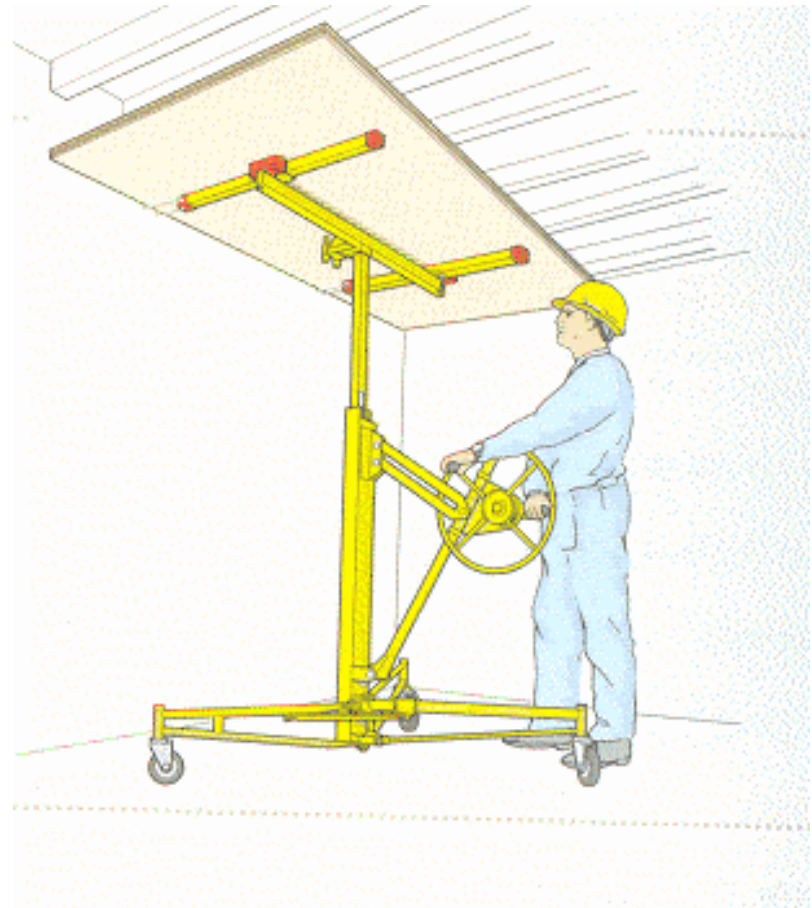


- Much more difficult to manoeuvre (and risky) in windy conditions
- 8'x4' boards of 15mm thickness are all over 25kg and some 'special' boards can be up to 50kg
- It is possible to select smaller boards which are lighter and more manoeuvrable



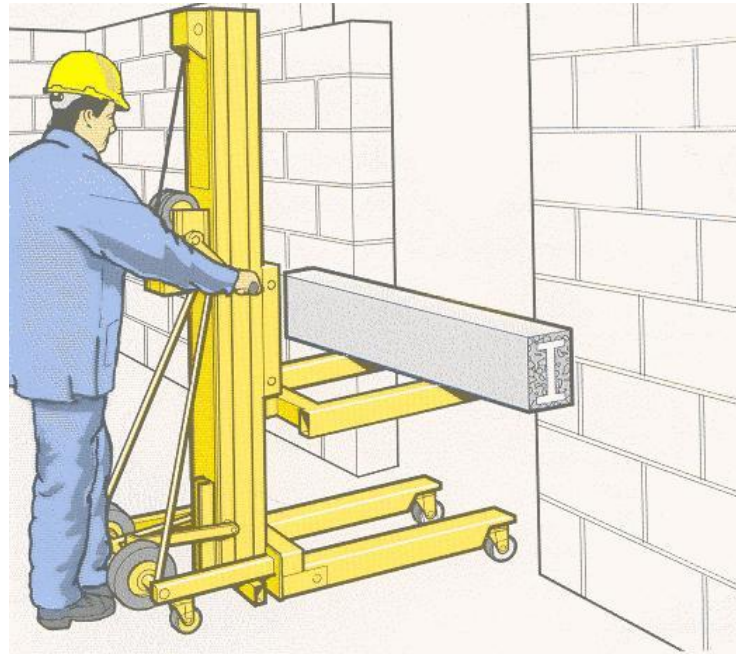
Plasterboard

- Don't remove handrails/banisters to move boards up stairs as this creates a fall risk
- Use aids to hold and position boards



Heavy Lintels

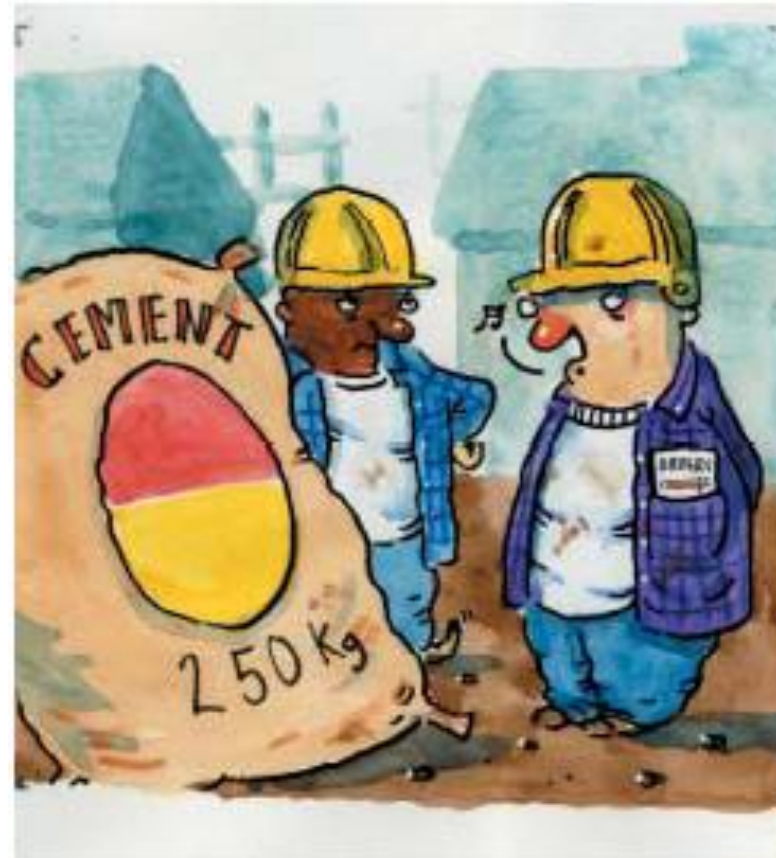
- In this case there were 150 lintels each weighing 115 kg. The firm calculated each lift needed a team of 5 which was not physically possible! They identified that a lift truck could be used.
- An alternative is to specify lightweight steel lintels where possible.



Bagged Aggregate



- Order materials in smaller unit weights (max. 25kg) so that they can be more easily handled....OR
- Order the materials in such large unit weights that they can only be handled mechanically.



...can you order materials such as cement and aggregates in 25 kg bags?



Hazardous Manual Handling

- Do not try to manually handle items that weigh over 100kg
- Do not try to use manual handling teams of more than 4 people.



Top Tips

- Plan and prepare for deliveries
- Find out how much commonly used items weigh
- Use simple aids
- Do not try to handle items heavier than 100kg or use teams of more than 4 people