

# NEWSFLASH



RG WILBREY (CONSULTANTS) LIMITED

## Manual handling

### What you need to know as a busy builder

Want to lighten the load on your busy building site?

These are the essential health and safety top tips you should follow, even if you don't directly employ the people working on your site.

Prevent unnecessary lifting and carrying. Position loads by machine and plan where they need to be put.

- Avoid heavy materials that could cause problems if they need to be moved by hand. Choose lighter materials, order smaller bags of cement and aggregates. Keep materials such as concrete blocks dry.
- Use simple mechanical aids and make sure they are kept well maintained.
- Make sure workers are trained to use lifting equipment and other aids safely.
- Think about workers' size and strength.
- Have they been trained to lift safely?
- Consider hiring lifting equipment at a daily rate to lighten the load.
- Avoid repetitive lifting, handling heavy building blocks or other masonry units and installing heavy lintels by hand.

### What can happen if health and safety is ignored?

*A builder was installing a 70 kg steel beam by himself. He had to reposition the steel a number of times and subsequently suffered with a 'slipped disc' and had to have three months off work.*

#### Examples of good practice

Sourced from the Health and Safety Executive

Published 01/10

