

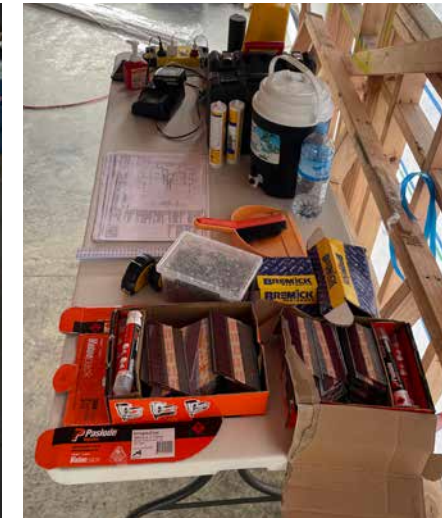
GET THINGS UP OFF THE GROUND ON YOUR SITE

INTRODUCTION

Many tradies will develop back pain in their career and a major cause of this is the amount of unnecessary bending and stooping we do.

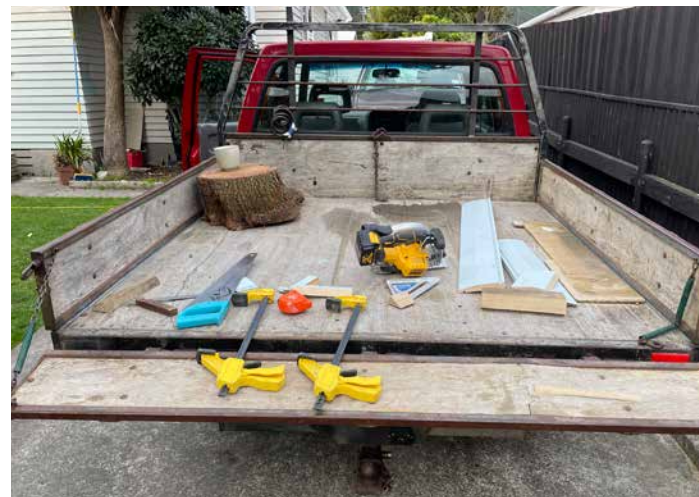
When we put our tools, materials and equipment on the ground we need to bend down many times to pick them up and use them.

Keeping as many things as possible up off the ground will save a tradie thousands of bends throughout their career and help protect their backs from unnecessary wear and tear. It also saves time and energy and prevents things from being lost or misplaced.



WHAT TO DO:

1. Set up some tables, trolleys, racks or benches at a central place on your site.
2. Look at what items you currently have stored on the ground. For example off cuts, spare wood, tool boxes, fasteners, multiboxes, tool batteries and phone chargers, water, PPE, spare tape measures and plans.
3. Agree with your team on site which items could be stored off the ground and put them on the table or up off the ground.



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