



PLUMBING,  
GASFITTING,  
DRAINLAYING  
RISK ALERT

# GROUND LEVEL WORK PLUMBING, GASFITTING & DRAINLAYING

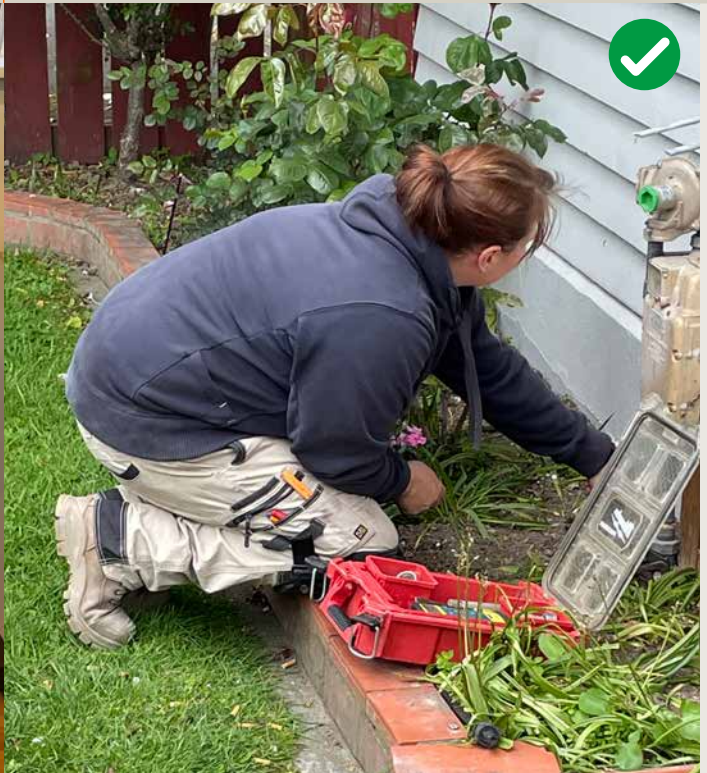
**WORK  
SHOULD NOT  
HURT.**

WORKING DOWN LOW IS KNOWN TO LEAD TO SPRAINS AND STRAINS.  
HERE'S HOW YOU CAN PROTECT YOURSELF.

**AVOID STOOPING AND PROLONGED BENDING**



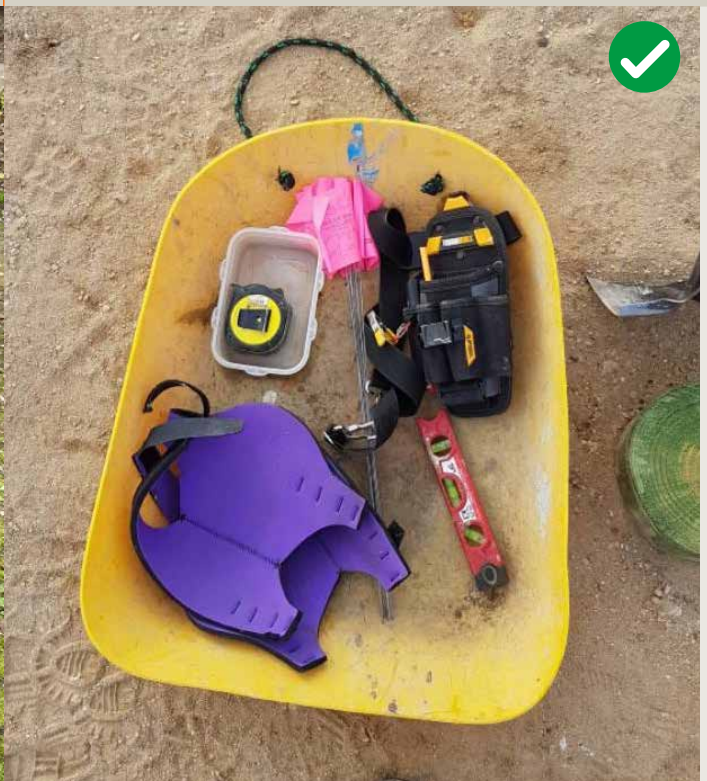
**LOOK FOR CHANCES TO SIT OR SQUAT**



**NEXT BEST OPTION IS TO KNEEL FOR SHORT PERIODS**



**PREPARE YOURSELF TO MAKE UNDERFLOOR WORK EASIER**





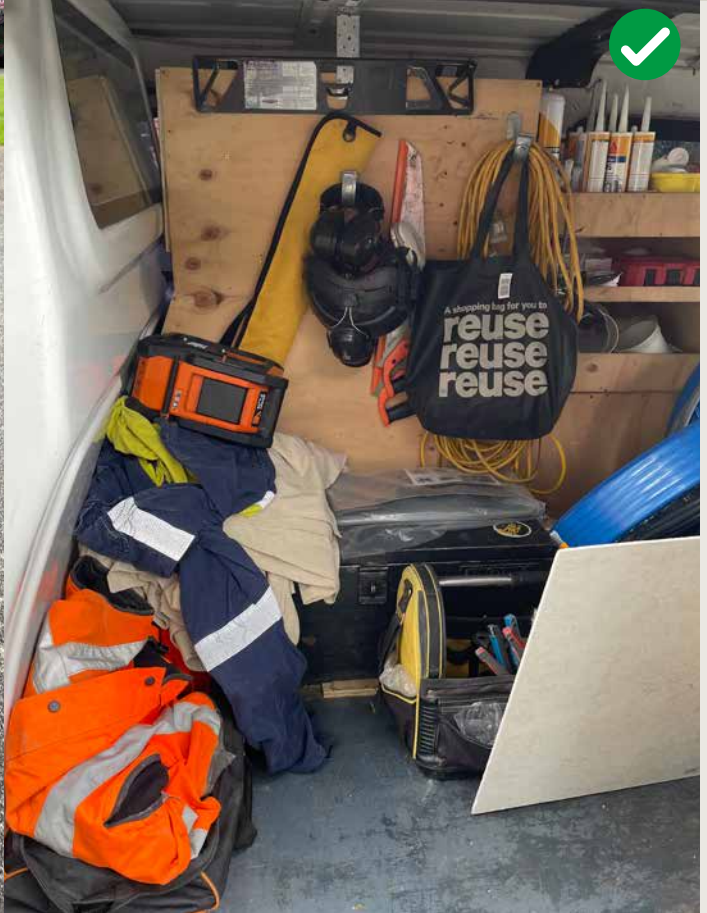
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**WORK  
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### GET WORK OFF THE GROUND WHERE POSSIBLE



### KEEP YOUR MAIN TOOLS OFF THE GROUND



#### IDEAS FOR REDUCING HAZARDS WHEN WORKING AT GROUND LEVEL

- Rest often. Take a one minute break after 10 minutes of ground level work.
- Wear knee pads to give you the option of kneeling while working.
- Hamstrings and quad muscles need stretching and flexibility.
- Wear a head torch when working underfloor to keep your hands free.

#### LEGEND

- ✓ **GREEN** – No action needed if the posture isn't held for a long time or repeated too often and if aren't any signs of pain or discomfort. Keep checking in with how your body feels, especially if you've changed workplaces or the way you do things.
- ✗ **ORANGE** – Something needs to change immediately.

