



PLUMBING,
GASFITTING,
DRAINLAYING
TOP 10 TIPS

REDUCING STRAINS AND SPRAINS

TEN TIPS FOR PLUMBERS, GASFITTERS & DRAINLAYERS

**WORK
SHOULD NOT
HURT.**



Get work up of the ground



Use a trolley to keep your gear



Organise your vehicle



Use a tray under floor spaces

- 1** **Get work up off the ground.** Use a trolley, sawhorse, portable bench, three step ladder or even the tailgate or tray to avoid working bent over.
- 2** **Get closer to the task.** Reduce the need to work with your arms raised by using ladders, work platforms and scaffolding.
- 3** **Take regular breaks.** Rest, stretch and straighten up regularly if you're working in awkward positions.
- 4** **Lighten your tool kit or consider using a trolley to help move your gear.** Change the contents of your toolkit to match the task you're doing and keep your main supply of tools nearby.
- 5** **Use a trolley.** A trolley keeps your gear in one place, makes it easy to move and gives you a raised working surface, saving time and effort.
- 6** **Organise the back of your van or ute.** It saves time and effort when packing and unpacking.
- 7** **Stay hydrated while working.** Keep a water bottle in your trolley. Your pee should be light yellow!
- 8** **Have good footwear.** That includes with boot inserts. You should change your footwear when it becomes wornout or after six to 12 months of continuous use.
- 9** **Go for lightweight tools.** Aim to work with tools that weigh under 1.5kg and that are powered rather than manual.
- 10** **Use a tray.** When working under a floor space, store your tools and other gear in something like a wheelbarrow tray. You can drag it around to where you're working with a rope.

