



CONCRETING
TOP 10 TIPS

REDUCING STRAINS AND SPRAINS

TEN TIPS FOR CONCRETERS, FROM CONCRETERS

**WORK
SHOULD NOT
HURT.**



Invest in a good automated tyer that fully completes the tie



Get your tying up of the ground



Set up a good waist level jig and dry workstation

WORK PREP

- 1** Make time to flatten the ground where you're standing and working on.
- 2** Get your tying up of the ground wherever possible, ideally just above waist height.
- 3** Set up a good waist level jig and dry workstation on site where most of the work takes place – this is a good investment that could prevent injuries and save you time in the long run.

DOING THE MAHI

- 4** Throughout the day, use a variety of positions when working ground level like bending, kneeling, one knee and squatting. Try not to kneel in one position for long periods of time.
- 5** You can make a good seat out of an upturned paint bucket, sounds simple but this can really save your back.
- 6** Alternate your tasks, like tying, bending and cutting – this will be better for you in the long run.

INVEST IN WORK EQUIPMENT

- 7** Invest in a good automated tyer that fully completes the tie.
- 8** Get an extension (PTE) for your tyer to allow you to work standing up.
- 9** Motorised screeders save energy.

ANNUALLY

- 10** Replace your knee pads each year to maximise protection. When was the last time you changed yours? Write the date on the inside to remember when they were purchased.

