



BUILDING
BEST PRACTICE

PLAN NOT TO HAVE STRAINS AND SPRAINS

10 THINGS TO THINK ABOUT BEFORE THE JOB EVEN STARTS

**WORK
SHOULD NOT
HURT.**



Storing of components



Placing of waste bins



Keep material off the ground



Plan your work site

- 1** **Research and request lower weight materials and components** such as steel frames, frames that are a manageable weight or unglazed windows.
- 2** **Think about how big components are, and how they'll be stored and moved into position.** For example you could store Gib sheets up on trestles. That allows you easy access to them without having to bend over.
- 3** **Set a safe working load limit for your team.** Make it a policy: If it's over X kilograms, you need to find a safer way to lift or move the item.
- 4** **Plan what kinds of handling equipment you'll need,** such as hoists, gin wheels, trolleys or sack barrows. Don't forget to make sure they're onsite before you need them!
- 5** **Plan how you'll handle and store waste.** It's a good idea to have a combination of wheelie bins that are placed close to the worksite and skip bins further away. Consider too where the bins will be placed, how to access them and how the bins can be emptied safely.
- 6** **If you know something will be difficult to move,** talk to your workers in advance to find and plan a safe solution together.
- 7** **Arrange for materials to be delivered close to where they'll be used on site to reduce handling.** Use pallets if you can to keep the material off the ground and save you having to bend over to pick it up. Preliminary planning discussions with suppliers can help with this process.
- 8** **Don't rely solely on team lifting to move heavy loads.** It's not always the safest solution. It's usually easier and safer to move these items using machinery such as trolleys, hoists or hiabs.
- 9** **First thing in the morning is the ideal time to warm up your muscles and joints** by moving dunnage and clearing access ways on your site. This will also save you time and effort during the day.
- 10** **Talk through any potential handling issues** with the team every morning and go home pain free every night!

