



BUILDING
TOP 10 TIPS

REDUCING STRAINS AND SPRAINS

TEN TIPS FOR BUILDERS, FROM BUILDERS

**WORK
SHOULD NOT
HURT.**



Get work up off the ground



Use ladders and platforms



Use braces to hold weight



Organise the back of your van

WORK PREP

- 1** **The way you arrange your van or ute is important.** Remember to arrange it with a low area at the back to get heavy equipment in and out. See the Work Should Not Hurt 'Organise your van' toolbox resource.

DOING THE MAHI

- 2** **Reduce lifting and bending.** You can do this by getting your work up off the ground – use a sawhorse, portable bench, three step ladder or even a tailgate or tray to avoid working bent over. This will save your back in the long run!
- 3** **Get closer to your work.** Don't strain yourself to reach while on the tools – this is a common way that builders wreck their shoulders! Use a ladder, work platforms and scaffolding when needed.
- 4** **Stack materials in order of use.** Make sure that the first material you need is stacked within easy reach.
- 5** **Take regular breaks.** Don't forget to rest, stretch, and straighten up regularly throughout the day. This is even more important if you're working in those awkward positions.
- 6** **Stay hydrated.** It's important to keep those fluids up while working – keep your water bottle in your trolley.

LIGHTEN YOUR LOADS

- 7** **Use a trolley.** Using a trolley keeps your gear in one place, makes it easy to move and gives you a raised working surface, saving time and effort.
- 8** **Lighten your tool belt.** Change the contents of your belt to match the task and keep your main supply of tools nearby. Also consider using braces to help hold the weight of your belt.
- 9** **Go for lightweight tools.** Aim to work with tools that weigh under 1.5kg, and that are powered rather than manual.

WORK GEAR

- 10** **Have good quality footwear.** You can include boot inserts for extra comfort. Change your footwear once it becomes worn out or after 6-12 months of continuous use.

