



SCAFFOLDING  
TOP 10 TIPS

# REDUCING STRAINS AND SPRAINS

TEN TIPS FOR SCAFFOLDERS, FROM SCAFFOLDERS

**WORK  
SHOULD NOT  
HURT.**



Store gear off the ground



Use wheelbarrows



Keep loads close to the body



Keep your yard tidy

**1** **Store gear off the ground** or in an upright position for easier handling.

**2** **Limit overhead work.** Lifting gear or working for too long overhead can harm your shoulders in the long run. Try to reduce working with your arms above your head by changing up your technique, using different equipment or through planning.

**3** **Don't overload your shoulders.** Split heavier loads up and make two or more trips. Your shoulders will thank you in the long run! This also helps you work at a steady, even pace throughout the day.

**4** **Service scaffold fittings.** A well serviced fitting is easy to tighten and lubed threads are less prone to seizing over time.

**5** **Use wheelbarrows.** They can help you move smaller parts and save your body from getting tired. You can use bags to keep smaller components together and make packing and unpacking easier.

**6** **Consider investing** in and using aluminum and/or lighter gear.

**7** **Keep loads close to your body.** Lift loads straight up where possible.

**8** **Take small breaks.** Especially after exerting yourself, working overhead or carrying gear on your shoulders. Even a pause helps!

**9** **Keep your yard tidy and consider your work flow.** A well organised yard is easier to work in and saves time and effort.

**10** **Plan your pack.** Planning your gear list before a job means you can stack all the gear from a still on the ground onto the back of the truck with a forklift. That means less gear needs to be loaded by hand. Take time to check with the team if all the gear is there before putting it onto the back of the truck to save repacking and reloading.

