

Manual handling

What you need to know as a busy builder

Want to lighten the load on your busy building site?

These are the essential health and safety top tips you should follow, even if you don't directly employ the people working on your site.

- Prevent unnecessary lifting and carrying. Position loads by machine and plan where they need to be put.
- Avoid heavy materials that could cause problems if they need to be moved by hand. Choose lighter materials, order smaller bags of cement and aggregates. Keep materials such as concrete blocks dry.
- Use simple mechanical aids and make sure they are kept well maintained.
- Make sure workers are trained to use lifting equipment and other aids safely.
- Think about workers' size and strength. Have they been trained to lift safely?
- Consider hiring lifting equipment at a daily rate to lighten the load.

- Avoid repetitive lifting, handling heavy building blocks or other masonry units and installing heavy lintels by hand.

This is just a summary – you can find out what else you need to know about health and safety by visiting

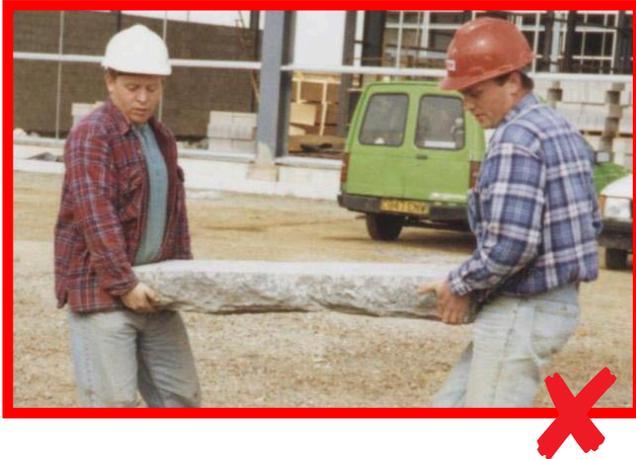
www.hse.gov.uk/construction/index.htm

What can happen if health and safety is ignored?

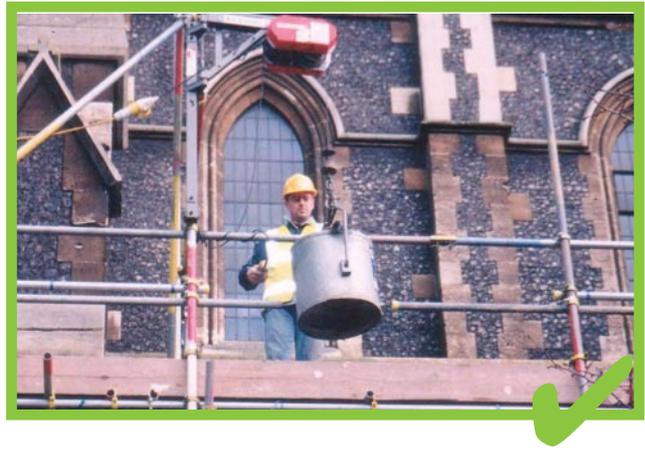
A builder was installing a 70 kg steel beam by himself. He had to reposition the steel a number of times and subsequently suffered with a 'slipped disc' and had to have three months off work.

See over for examples of good practice...

Unacceptable



Good example



Further information

For information about health and safety, or to report inconsistencies or inaccuracies in this guidance, visit www.hse.gov.uk/. You can view HSE guidance online and order priced publications from the website. HSE priced publications are also available from bookshops.

This document contains notes on good practice which are not compulsory but which you may find helpful in considering what you need to do.

Published by the Health and Safety Executive

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