


MANUAL HANDLING GUIDE

Version 01 February 2019

→ CONTENTS

- 03 Executive summary
- 05 Hierarchy of controls
- 07 Common practical implications of controls
- 08 General manual lifting guidance
- 09 In-use examples
- 13 Workflow stages
 - 16 1. Taking delivery of the material
 - 18 2. Moving the material from point of delivery to storage location
 - 22 3. Moving the material from storage location to point of use
 - 26 4. Mechanical and non-mechanical aids for installation from point of use to wall
 - 32 5. Working at height
 - 37 6. Waste removal from site



NOTES FOR THE DESIGNER

Designers have a duty of care to provide solutions that both solve the design problem at hand whilst minimising potential harm to site based team members.

For example, reducing working at height and the resultant hazards associated with scaffolding. By specifying a Shaft wall system. Because such systems are installed from one side only, the need for working on scaffolding when forming riser shafts and stairwells is therefore eliminated.

➔ EXECUTIVE SUMMARY

This guidance is intended to assist with planning the safe handling of plasterboard. Such planning should start early, consider all stages of the build process in which plasterboard will be moved, and use the established 'hierarchy of controls' in the correct order. This process will involve considering the specific plasterboard product(s) used, the site layout and management, and the equipment used to move them if any. The selection of solutions, methods and equipment can be broken down into particular tasks and stages of construction, as shown on the following page.

➔ EXECUTIVE SUMMARY

1. Taking delivery of material

To enable materials to be off-loaded and marshalled at an appropriate storage location prior to transport to point of use.

The tasks laid out below should be considered as part of the site CDM (Construction Design Management 2015) plan.

Risk assessments and method statements should be in place for all identified site operations with any manual handling aids and their applications clearly identified.

- 1: What format is plasterboard being delivered in
- 2: How will product be unloaded from delivery vehicle
- 3: How will product be stored on site
- 4: How will product be moved to point of use
Solutions for this task are dependent on site conditions and task in hand, but must be used where deemed appropriate.
- 5: How will product be installed in each condition outlined below:
 - a. Walls/partitions to the height of one plasterboard
 - b. Walls/partitions to greater than the height of one plasterboard
 - c. Boards fixed to ceilings
 - d. Special areas of concern e.g. Staircases, lift shafts etc.
- 6: How will waste be moved from the work location to waste collection point

Dependant on quantity a powered device is required for this task.

2. Moving the material from point of delivery to storage location

Consideration should be given to the site conditions and route to the storage location. Numerous powered and non powered devices are available for this task, increasing efficiency and reducing the risk of injury to personnel.

3. Moving the material from storage location to point of use

Careful review of the location and any access restrictions to the point of use from storage area is required.

4. Mechanical and non-mechanical aids for installation from point of use to wall

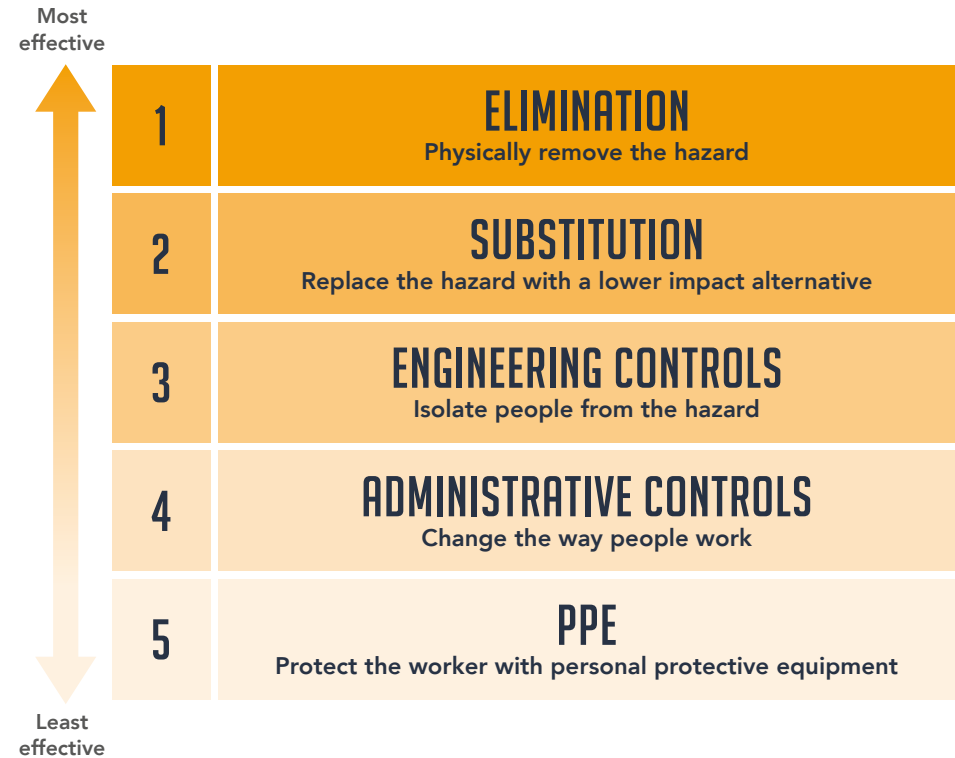
Solutions for this task are dependent on site conditions and task in hand.

→ HIERARCHY OF CONTROLS

HSE guidance: 'Risks should be reduced to the lowest reasonably practicable level by taking preventative measures, in order of priority. Consider the headings in the order shown, do not simply jump to the easiest control measure to implement.'

www.HSE.gov.uk/construction/healthrisks/physical-ill-health-risks/manual-handling-specific-tasks-plasterboard.htm

- 1: **Elimination** – physically remove the hazard
- 2: **Substitution** – replace the hazard with a lower impact alternative
- 3: **Engineering controls** – isolate people from the hazard
- 4: **Administrative controls** – change the way people work
- 5: **PPE** – protect the worker with personal protective equipment



→ HIERARCHY OF CONTROLS

AS APPLIED TO THE HANDLING OF PLASTERBOARD.

1: Remove the hazard:

- I. Design heavy or awkward components out of the building entirely. However this is rarely practicable.
- II. Design a process step out – e.g. incorporate an area on each floor designed for mechanical loading from the outside

2: Replace the hazard:

- I. Avoid moving plasterboards manually. Consider the use of mechanical aids
- II. Use narrower and/or lighter plasterboards

3: Isolate people from the hazard:

- I. Avoid moving plasterboards manually. Consider the use of mechanical aids

4: Change the way people work:

- I. Team handling (e.g. "2-man lift")
- II. Ensure adequate job rotation & breaks (mitigates frequent repetition risk)
- III. Use narrower and/or lighter plasterboards
- IV. Use equipment such as handles and lifters for better ergonomics

5: Protect the worker:

- I. It is unlikely that PPE can effectively protect against musculoskeletal disorders, but the right gloves can improve grip/protect hands

→ COMMON PRACTICAL IMPLICATIONS OF CONTROLS

FOR EACH PROCESS STEP, CONDUCT A REVIEW OF THE SITUATION.

Mechanical aids:

Reliance on wheeled equipment for bulk handling

Avoid steps and slopes – consider the whole journey from delivery point

Ensure the route is unobstructed, with enough clearance in terms of height and width

Make sure that floors are unobstructed and capable of carrying point loads from wheels and trestles

Check the availability of power supply, charging and fuelling points for powered equipment

Don't forget that simple handles, trolleys and trestles can mitigate some risks

Narrower plasterboards:

Check that system performance requirements are met

Using narrower plasterboards will involve using a larger number of components (including framing, fixing & finishing)

Despite using narrower plasterboards, there may still be a need or benefit from using mechanical aids and/or team handling may still be necessary.

Working methods:

Team handling will still need an unobstructed route

Training and compliance checking for workers – ensure that there is a culture of compliance

The optimum solution will often be a combination of the above.

➔ GENERAL MANUAL LIFTING GUIDANCE

Use lifting and carrying aids wherever possible. Only manually lift loads when necessary and use help if needed. DO NOT LIFT LOADS THAT YOU FIND STRENUOUS.

- 1:** Plan the move before lifting.
Know the weight. Remove any obstructions from your route.
- 2:** Test the weight of the load to make sure it is suitable by gradually applying force.
- 3:** If the load is too heavy or bulky, use lifting and carrying aids such as hand trucks, dollies, pallet jacks and carts or get assistance from a co-worker.
- 4:** If assistance is required to perform a lift, coordinate and communicate your movements with those of your co-worker.
- 5:** Never lift anything if your hands are greasy or wet.
- 6:** Wear protective gloves approved by your supervisor when lifting.
- 7:** Do not lift an object from the floor to a level above your waist in one motion. Set the load down at bench height (e.g. using trestles or platforms) then adjust your grip before lifting it higher.

DO

- Carry plasterboards on edge – two people to a plasterboard.
- Place plasterboards down on their long edge before turning flat.
- Use a platform/pallet to support plasterboards when mechanically handling.

DON'T

- Don't carry plasterboards horizontally.
- Don't stack pallets on site where surface may not be firm, flat and level.

Points of note

- Gypsum products are non-load bearing and are not designed to support body weight.
- Manual off-loading of plasterboards, panels and bagged materials should be carried out with care to avoid unnecessary strain.

Working at height

Fixing plasterboard at above standard height poses a number of challenges. The primary concern is how to work safely at height. Each solution to this task has its problems so the approach must be very carefully planned.

Waste removal from site

Removal of waste material from site must be carefully considered, ensuring that it fits well within the Contractors overall waste removal plan.

Although practical changes such as the potential change in plasterboard dimensions and the use of suitable devices are important, the key to improvement must be through education.

The current culture on site is for Personnel to carry out single person lifting of plasterboards (Not 2 person) regardless of plasterboard size. This is borne out of the assumption that time is of the essence when it comes to completing their target metrage for the day.



IN-USE EXAMPLES



EXAMPLE 1

DOMESTIC RENOVATION - LOFT CONVERSION, MOVING PLASTERBOARD FROM POINT OF DELIVERY TO POINT OF USE.

Step One

Q: Can the lift be totally avoided through the use of mechanical aids? If yes then this solution should be utilised.

A: Typically site layout dictates that the plasterboards will be delivered to the pavement outside and will need to be manually moved to point of use.

Step Two

Q: Can the risk associated with the lift be mitigated to safe levels through the use of simple mechanical aids?

A: No the site conditions means that normal plasterboards cannot be safely handled even if using simple mechanical aids such as plasterboard carriers.

Step Three

Q: Can the risk associated with the load be reduced by selecting a different plasterboard solution e.g. narrower plasterboard system and using appropriate mechanical aids?

A: Partly reducing the plasterboard size/weight will reduce the risk but will not totally remove the risk, e.g. when moving plasterboards upstairs.

Step Four

Q: Can the risk associated with the load be reduced by sharing the load and using appropriate mechanical aids?

A: Yes a combination of reduced size/weight plasterboards, simple mechanical aids and a team working together when lifting plasterboards upstairs will reduce the risk of injury to a more acceptable level. It is important that the installers have been trained on how to correctly lift sheet materials.



→ EXAMPLE 2

HOUSEBUILDING SITE – MOVING PLASTERBOARD FROM POINT OF DELIVERY TO POINT OF USE.

Step One

Q: Can the lift be totally avoided through the use of mechanical aids? If yes then this solution should be utilised.

A: Partially – using a telehandler the plasterboards can be positioned outside the property and by designing the first floor to allow access for direct delivery plasterboards can be delivered into the first floor level, removing the need to move product from the ground to first floor manually.

Step Two

Q: Can the risk associated with the lift be mitigated to safe levels through the use of simple mechanical aids?

A: No the site conditions means that normal plasterboard (1200 mm wide) cannot be safely handled even if using simple mechanical aids such as plasterboard carriers.

Step Three

Q: Can the risk associated with the load be reduced by selecting a different plasterboard solution e.g. narrower plasterboard system and using appropriate mechanical aids?

A: Yes reducing the plasterboard size/weight will reduce the risk.

Telehandler utilised to deliver materials as close as possible to work location, by placing outside the property for ground floor use and by direct delivery to the first floor level.

900 mm plasterboards selected to mitigate any issues with moving product around within the property, where access is tight and potentially awkward.



→ EXAMPLE 3

LARGE COMMERCIAL SITE - MOVING PRODUCT FROM POINT OF DELIVERY TO POINT OF USE.

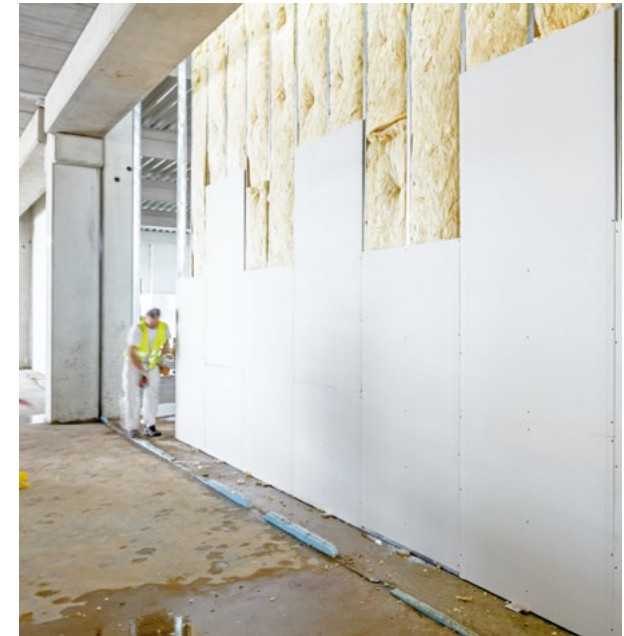
Step One

Q: Can the lift be totally avoided through the use of mechanical aids? If yes then this solution should be utilised.

A: Yes if the plasterboard is unloaded with a telehandler and placed directly onto powered plasterboard trolley which can travel through the site and be unloaded onto trestles at the work location.

If this is the chosen solution then the site needs to be designed to support this solution i.e. hoists need to be compatible with the trolley, site access ways need to be kept clear with no inclines on the route. If the site is not properly organised then using this solution will potentially create manual handling issues when the system becomes unusable.

Telehandler used to load powered plasterboard trolley directly with no manual intervention. The powered trolley moves the product through the site to the work location including utilising the site hoist to access upper floor levels. At the work location the trolley mechanically unloads the plasterboards onto trestles with no manual lifting involved. This site could therefore use standard plasterboard width product provided a suitable risk assessment can demonstrate this is acceptable for subsequent activities.





**WORKFLOW
STAGES**

→ WORKFLOW STAGES

1 Taking delivery of the material

2 Moving the material from point of delivery to storage location

3 Moving the material from storage location to point of use (Including construction hoists)

4 Mechanical and non mechanical aids for installation from point of use to wall

5 Working at height

6 Removal of waste from site

Note: The examples given in the following sections are often from named manufacturers. This is to make the recommendations as practical and useful as possible. We do however acknowledge that other brands exist which may be equally appropriate for use. Users must evaluate each piece of equipment as appropriate for individual site conditions. All images are reproduced with kind permission of the equipment manufacturer or have been purchased under licence.

01 TAKING DELIVERY OF THE MATERIAL



→ TAKING DELIVERY OF THE MATERIAL

Telehandler

Today's Telehandlers have been designed for maximum performance and safety for housebuilding and construction projects of three or more storeys.

Complete with hydraulic safety stabilisers and a lift capacity up to 3500 kgs, the 12 metre range is compact in construction and offers outstanding manoeuvrability complete with hydraulic self levelling stabilisers as standard.

Pros:

- Eliminates manual handling
- Good manoeuvrability

Cons:

- Cost



Moffett

Truck mounted forklift is a versatile device which can help to make deliveries a less time consuming task.

Pros:

- Eliminates manual handling
- Good manoeuvrability
- Deliver anytime. Entirely independent of other offloading equipment or personnel

Cons:

- Cost



Fork-Lift

A Forklift is a powered industrial truck used to lift and move materials short distances. This is a valuable tool for moving materials around a flat even surfaced area.

Pros:

- Eliminates manual handling
- Good manoeuvrability

Cons:

- Cost
- Not suitable for uneven surfaces



02

**MOVING THE MATERIAL
FROM POINT OF DELIVERY
TO STORAGE LOCATION**



→ MOVING THE MATERIAL FROM POINT OF DELIVERY TO STORAGE LOCATION

Telehandler

Today's Telehandlers have been designed for maximum performance and safety for housebuilding and construction projects of three or more storeys.

Complete with hydraulic safety stabilisers and a lift capacity up to 3500 kgs, the 12 metre range is compact in construction and offers outstanding manoeuvrability complete with hydraulic self levelling stabilisers as standard.

Pros:

- Minimal manual handling
- Good manoeuvrability

Cons:

- Cost



Mountit Trolley

Capable of moving and lifting boards horizontally, tilting stacks to get them through door openings as narrow as 90 cm, and turning the boards into an upright position. Electrically operated. Weight: 550 kg. Maximum board size: up to 122 x 300 cm. Maximum load of 1.3 tonnes. However, the maximum load for tilting or turning boards is 0.8 tonnes or 24 boards (13 mm).

Pros:

- Eliminates manual handling
- Good manoeuvrability
- Can be loaded onto a hoist
- Can be loaded by telehandler
- Can be loaded from trestles
- Can unload onto trestles
- Can unload onto Mountit stacker

Cons:

- Cost
- Not suitable for all site conditions
- Plasterboard packaging needs to be appropriate to allow for mechanical loading



→ MOVING THE MATERIAL FROM POINT OF DELIVERY TO STORAGE LOCATION

Starke Arvid Power Lift Truck

Will accommodate 1200 kg of plasterboard. The electric drive system with traction on both rear wheels means the Power Lift Truck can be manoeuvred on rough surfaces and reduce the load on the user.

Pros:

- Can be loaded by telehandler
- Can be loaded onto a hoist
- Good manoeuvrability
- Powered by (Re-chargeable battery)
- Can be loaded from trestles
- Can be unloaded onto trestles

Cons:

- Cost
- Non-Tilting
- Manual unloading at point of use
- Plasterboard packaging needs to be appropriate to allow for mechanised loading



Starke Arvid Lift Truck

The Lift Truck can be used in many different situations, and also for other types of transport, but its optimal position in the plasterboard handling system is when the plasterboard has been lifted into the building using the Inlift Frame. Just position the truck under the plasterboard and lift the truck platform. When you have manoeuvred the plasterboard to where you want it, lower the truck platform and let the trestles take over at a perfect working level.

Pros:

- Good manoeuvrability
- Robust construction
- Can be loaded from trestles
- Can be unloaded onto trestles

Cons:

- Manual operation
- Plasterboard packaging needs to be appropriate to allow for mechanical loading
- No tilting



→ MOVING THE MATERIAL FROM POINT OF DELIVERY TO STORAGE LOCATION

Mini Plasterboard Trolley

A simple design and a practical tool for transporting small quantities of plasterboard or other plasterboard materials that are usually carried by hand inside the building. This truck gives you an ergonomic way to move up to twelve, 13 mm plasterboards at once through narrow passages. The Plasterboard Trolley Mini does its job in any situation, but is perhaps of particular interest for repair, conversion and extension work as well as small projects. The Plasterboard Trolley fits in both a conventional lift and the boot of a car makes it even better.

Pros:

- Cost effective
- Simple in use
- Small, easy to navigate, store and transport

Cons:

- Manual operation
- No mechanised loading or unloading
- Can be difficult to move & manoeuvre when fully loaded



03

**MOVING THE MATERIAL
FROM STORAGE LOCATION
TO POINT OF USE**



→ MOVING THE MATERIAL FROM STORAGE LOCATION TO POINT OF USE

Hoist

Construction hoists are the type commonly used on large scale construction projects, such as high-rise buildings. Their purpose being to carry personnel, materials, and equipment quickly between the ground and higher floors, or between floors in the middle of a structure. There are three types: Utility to move material, personnel to move personnel, and dual-rated, which can do both.

Pros:

- Cost effective
- Simple in use

Cons:

- May be too large for access to confined work spaces
- Manual operation
- Size needs to be designed to suit the plasterboard moving trolley



Mountit Trolley

Capable of moving and lifting boards horizontally, tilting stacks to get them through door openings as narrow as 90 cm, and turning the boards into an upright position. Electrically operated. Weight: 550 kg. Maximum board size: up to 122 x 300 cm. Maximum load of 1.3 tonnes. However, the maximum load for tilting or turning boards is 0.8 tonnes or 24 boards (13 mm).

Pros:

- Eliminates manual handling
- Good manoeuvrability
- Can be loaded onto a hoist
- Can be loaded by telehandler
- Can be loaded from trestles
- Can unload onto trestles
- Can unload onto Mountit stacker

Cons:

- Cost
- Not suitable for all site conditions
- Plasterboard packaging needs to be appropriate to allow for mechanical loading



→ MOVING THE MATERIAL FROM STORAGE LOCATION TO POINT OF USE

Starke Arvid Power Lift Truck

Will accommodate 1200 kg of plasterboard. The electric drive system with traction on both rear wheels means the Power Lift Truck can be manoeuvred on rough surfaces and reduce the load on the user.

Pros:

- Can be loaded by telehandler
- Can be loaded onto a hoist
- Good manoeuvrability
- Powered by (Re-chargeable battery)
- Can be loaded from trestles
- Can be unloaded onto trestles

Cons:

- Cost
- Non-tilting
- Manual unloading at point of use
- Plasterboard packaging needs to be appropriate to allow for mechanised loading



Starke Arvid Lift Truck

The Lift Truck can be used in many different situations, and also for other types of transport, but its optimal position in the plasterboard handling system is when the plasterboard has been lifted into the building using the Inlift Frame. Just position the truck under the plasterboard and lift the truck platform. When you have manoeuvred the plasterboard to where you want it, lower the truck platform and let the trestles take over at a perfect working level.

Pros:

- Good manoeuvrability
- Robust construction
- Can be loaded from trestles
- Can be unloaded onto trestles

Cons:

- Manual operation
- Plasterboard packaging needs to be appropriate to allow for mechanical loading
- No tilting



→ MOVING THE MATERIAL FROM STORAGE LOCATION TO POINT OF USE

Pallet Truck

A pallet truck is a tool used to lift and move pallets. Pallet trucks are the most basic form of a forklift and are intended to move heavy or light pallets within a warehouse.

Pros:

- Robust construction
- Large stacks of plasterboard can be moved

Cons:

- Manual operation
- May not work with some specific pallet sizes
- Only suitable for indoor use where the floor surface is smooth & even
- Plasterboard must be in appropriate packaging
- Footprint of load very large
- Low manoeuvrability



Mini Plasterboard Trolley

A simple design and a practical tool for transporting small quantities of plasterboard or other plasterboard materials that are usually carried by hand inside the building. This truck gives you an ergonomic way to move up to twelve, 13 mm plasterboards at once through narrow passages. The Plasterboard Trolley Mini does its job in any situation, but is perhaps of particular interest for repair, conversion and extension work as well as small projects. The Plasterboard Trolley fits in both a conventional lift and the boot of a car makes it even better.

Pros:

- Cost effective
- Simple in use
- Small, easy to navigate, store and transport

Cons:

- Manual operation
- No mechanised loading or unloading
- Can be difficult to move & manoeuvre when fully loaded



04

MECHANICAL AND NON-MECHANICAL AIDS FOR INSTALLATION FROM POINT OF USE TO WALL



➔ MECHANICAL AND NON-MECHANICAL AIDS FOR INSTALLATION FROM POINT OF USE TO WALL

Transit Bench

A workbench you can take with you almost anywhere. Sometimes it is difficult to transport cumbersome plasterboard material where you need it, especially when working in existing buildings. Narrow passages and rough surfaces put a stop to most trucks and trolleys. Using this you avoid unnecessary strain on the body. In the raised position the truck turns into a workbench with the right height, and you never need to store plasterboard on the floor. The Transit Bench has an obvious place in the plasterboard handling flow. Just load plasterboards from the trestles and move off to the installation site. If you need to cut the plasterboard, you can do it directly on the Transit bench before moving it to the Plasterboard & Material Lift for installation.

Pros:

- Cost effective
- Simple in use
- May be too large for access to confined work spaces
- Tilting mechanism for access through doorways
- Provides work platform when in bench mode

Cons:

- Manual operation
- Manual loading and unloading of plasterboards
- Non mechanical movement



Drywall HVAC Lift

Solid, safe construction (CE), lightweight - 99Lb/45 kg, two speed winch handle, quick, tool-free assembly, one person operation, tilts 65°, lifts loads of 150Lb/70 kg up to 11.5'/3.5m or 15'/4.5m, loads at a convenient 34"/86 cm.

Pros:

- Cost effective
- Simple in use
- Single person use
- Ideal for ceiling fixing situations
- Single person only if plasterboard size reduced to suit manual lifting

Cons:

- Wide footprint will negate use in confined spaces
- Manual loading of plasterboard onto the lift

➔ MECHANICAL AND NON-MECHANICAL AIDS FOR INSTALLATION FROM POINT OF USE TO WALL

Starke Arvid Plasterboard Lifter

For installing plasterboard on ceiling – support arms improve safety & reduce the effort involved in overhead work. Max load capacity 30 kg (per pair). Tilting rubber feet and head supports prevent support arm from slipping out of position

Pros:

- Cost effective
- Simple in use
- Single person use
- Ideal for ceiling fixing situations
- Small footprint
- Single person use only if plasterboard size reduced for manual loading

Cons:

- Intended for ceiling fixing only
- Manual loading required



Mountit Ceiling Lifter

The MiniMounter can grip the panel on the floor from a pallet or from Mountits other plasterboard products and lift it to a ceiling that is 360 cm high – that's almost 12 feet up – without any need for the fitter to even touch the panel with their hands.

Pros:

- Cost effective
- Simple in use
- Single person use
- Ideal for ceiling fixing situations
- Can be loaded mechanically from a variety of sources e.g. pallet, trolley

Cons:

- Wide footprint will negate use in confined spaces

→ MECHANICAL AND NON-MECHANICAL AIDS FOR INSTALLATION FROM POINT OF USE TO WALL

Mountit Stacker

Acts as a ready store of plasterboards in an upright position. Easy to move. Maximum plasterboard size: 122×300 cm. Maximum load of 0.8 tonnes or 24 plasterboards. Intended for use within the Mountit System.

Pros:

- Simple in use
- Single person use
- Mechanised loading from Mountit trolley
- Mechanised unloading from Mountit Mounter

Cons:

- High cost investment (as part of Mountit Integrated System)
- Manual movement



Mountit Mounter

Moves a plasterboard for final fitting and holds it for the fitter while he is setting it. Leaves space for joints to fill. Maximum plasterboard size: 122×300 cm.

Pros:

- Simple in use
- Single person use
- Mechanised loading from Mountit stacker

Cons:

- High cost investment (as part of Mountit Integrated System)
- Does not work with plasterboards to be installed above floor level



➔ MECHANICAL AND NON-MECHANICAL AIDS FOR INSTALLATION FROM POINT OF USE TO WALL

Starke Arvid Carry Handle

Robust, strong, lightweight design. Minimises damage to joints and strain injuries from lifting in uncomfortable positions. Can be used singly or in pairs. Always a safe, ergonomic working height. Fully galvanised to minimise rust and wear.

Pros:

- Cost effective
- Simple in use
- 2 person lifting or individual (depending on size/weight)

Cons:

- 1 person lift will make it difficult to achieve a balance point (causing possible stress)



Trestle

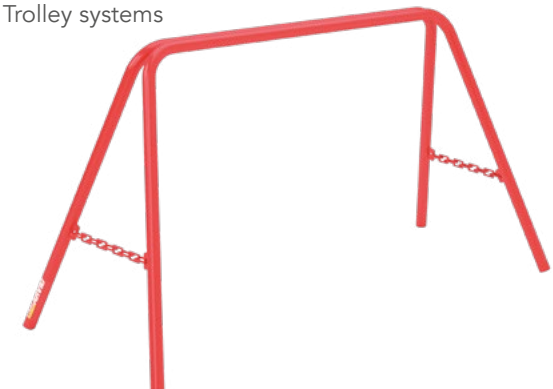
Lifts up the work from the floor. The trestle allows you to position the plasterboard in the right place at the right working level. This brings about a number of other benefits: Easy to move, less damaged and unusable materials, less delay, less strenuous lifting, and less likely to stumble. In other words, a uniform workflow and increased safety. The trestles free up your trucks for other needs than storage. Just place the trestles evenly distributed under the plasterboard (always use at least three trestles per load to avoid deformation of the plasterboards). Then lower the platform on the Lift Truck or Power Lift Truck and the trestles take over.

Pros:

- Cost effective
- Simple in use
- Avoids need to lift plasterboards from floor level
- Compatible with Mountit and Starke Arvid Trolley systems

Cons:

- The bottom plasterboard may be damaged unless a flat surface is placed on the trestle prior to loading



→ MECHANICAL AND NON-MECHANICAL AIDS FOR INSTALLATION FROM POINT OF USE TO WALL

Hop-Up

Folding aluminium platform which is a useful tool for reaching when working at height.

Pros:

- Cost effective
- Simple in use

Cons:

- Limited use. Not for stairs or where the risk of falling from height is increased



Foot operated Plasterboard Lifter

Tapered front end slides easily under plasterboards and holds firmly in place. Robust alloy casting with non-slip surface.

Pros:

- Cost effective
- Simple in use

Cons:

- Manual operation



05 WORKING AT HEIGHT



→ WORKING AT HEIGHT



MEWP (Mobile Elevated Work Platform)

A mechanical device used to provide temporary access for people or equipment to inaccessible areas, usually at height. There are distinct types of mechanized access platforms and the individual types may also be known as a 'cherry picker' or a 'scissor lift'.

Pros:

- Cost effective
- Simple in use
- 2 person lifting or individual (depending on size/weight)

Cons:

- 1 person lift will make it difficult to achieve a balance point (causing possible stress)
- Difficult to load plasterboard onto the platform, plasterboard size may need to be reduced
- Difficult to install the plasterboard from the platform
- Plasterboard needs to be lifted into place when installing onto a ceiling
- Needs careful risk assessment

→ WORKING AT HEIGHT

PAV (Push Around Vertical Lift)

A mechanical device used to provide temporary access for people or equipment to inaccessible areas, usually at height. These are moved around site manually but the height raise mechanism is powered.

Pros:

- Cost effective
- Simple in use
- 2 person lifting or individual (depending on size/weight)

Cons:

- 1 person lift will make it difficult to achieve a balance point (causing possible stress)
- Difficult to load plasterboard onto the platform, plasterboard size may need to be reduced
- Difficult to install plasterboard from platform walls and ceilings, needs careful risk assessment
- Plasterboard needs to be lifted into place when installing onto the ceiling
- Panel lifting modifications would improve its use

→ WORKING AT HEIGHT

Podium Steps

A temporary metal framework that is used to support workmen and materials working at height, primarily to a working height of a standard commercial ceiling of circa 2750 mm.

Pros:

- Cost effective
- Simple in use
- 2 person lifting or individual (depending on size/weight)

Cons:

- 1 person lift will make it difficult to achieve a balance point (causing possible stress)
- Plasterboard manual handling on a podium can be awkward and requires careful risk assessment relating to how plasterboard will be moved
- Plasterboard size may need to be reduced to mitigate handling risks
- Installing plasterboard off a podium is awkward
- Plasterboard needs to be lifted into place when installing onto a ceiling

→ WORKING AT HEIGHT



Tower Scaffold

A temporary metal framework that is used to support workmen and materials working at height.

Pros:

- Cost effective
- Simple in use
- 2 person lifting or individual (depending on size/weight)

Cons:

- 1 person lift will make it difficult to achieve a balance point (causing possible stress)
- All manual handling on a tower scaffold can be awkward and requires careful risk assessment relating to how plasterboard will be moved on the scaffold
- Multiple people may be required to safely lift plasterboard up the scaffold – Needs risk assessment
- Plasterboard size may need to be reduced to mitigate handling risks
- Installing plasterboard off a scaffold is awkward
- Plasterboard needs to be lifted into place when installing onto the ceiling

06 WASTE REMOVAL FROM SITE



➔ WASTE REMOVAL FROM SITE

Wheelie Bins

A large robust rectangular dustbin on castors widely used to remove waste materials from site.

Pros:

- Cost effective
- Simple in use
- 2 person lifting or individual (depending on size/weight)

Cons:

- 1 person lift will make it difficult to achieve a balance point (causing possible stress)

Mobile Green Rooms

A common sight on construction sites as a means to re-use plasterboard off-cuts. Ownership and management of mobile green rooms is still a contentious issue but understanding their environmental importance will increase their use.

Pros:

- Environmentally sound concept
- Simple in use

Cons:

- Ownership is still an issue to overcome



GPDA

Gypsum Products Development Association

The Gypsum Products Development Association (GPDA) represents the four major gypsum board and plaster manufacturers in the UK and Ireland – British Gypsum, Siniat, Knauf Drywall and Gyproc Ireland.

The primary function of the GPDA is to develop and encourage the understanding of gypsum-based building products and systems and to pioneer new applications for these products. It also has an ongoing commitment to advise on matters of environmental impact, energy conservation and health and safety, wherever gypsum based products are used.

Web: www.gpda.com

Email: admin@gpda.com



The Health in Construction Leadership Group aims to unite the construction industry in a bid to eradicate ill-health and disease, by achieving a cultural shift within our sector so that we are managing health like safety.

The Group is comprised of contractors, clients, the HSE, professional bodies, trade associations and trade unions plus an additional 165 members who have signed up via the website. The Group's current areas of focus include musculoskeletal disorders, which is aligned to the work of the Plasterboard Supply Chain Sub Group.

Web: www.healthinconstruction.co.uk

Email: news@healthinconstruction.co.uk

Twitter: [@constructhealth](https://twitter.com/constructhealth)

Produced with the co-operation of the following:

Astins	HBF	Skanska
BDL	HSE	Sky
British Gypsum	Interserve	UNITE
DorsaVi	ISG	Wates
Etex	KNAUF	
FIS	KKS	
FMB	Miller Homes	
GDPA	Nevill Long	
Go Interiors	Saint-Gobain	

