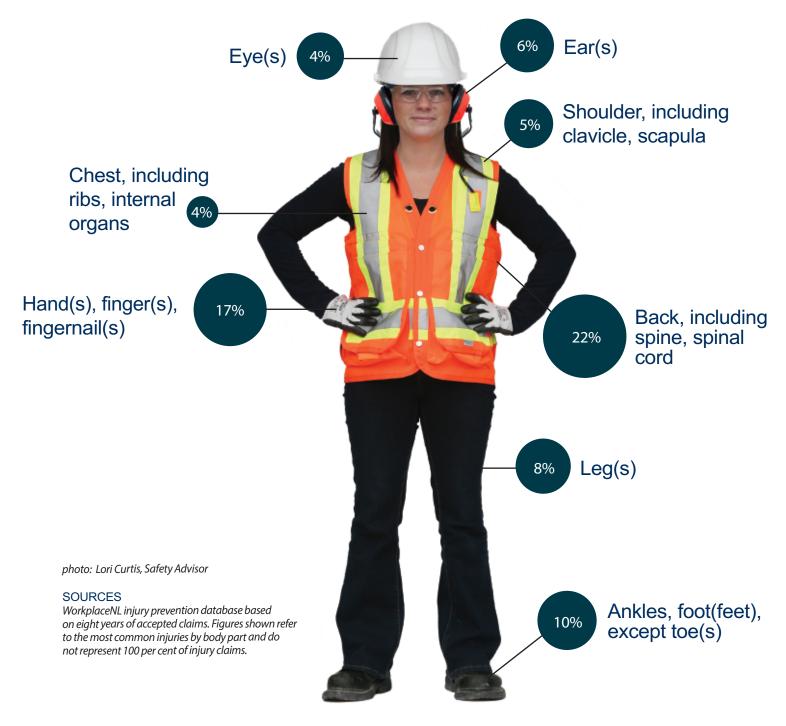
Protect your injury hot spots

Construction Labourer



WorkplaceNL

Health | Safety | Compensation

COMMON INJURIES

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Injury Hotspots Construction Labourer



Prevention Tips

SLIPS, TRIPS AND FALLS

- Use the highest level of fall protection such as guard railing, scaffolds, physical barriers or elevated work platforms.
- Ensure all working areas and access points are clean, level, well-lit and in good repair.
- Remove unwanted material and construction waste regularly from work site so it does not accumulate.
- Ensure construction materials, power leads, tools and equipment are handled and positioned carefully to avoid creating tripping hazards.
- Rebar ends should be fitted with protective caps.

USING HAND TOOLS

- Use power tools that are lightweight, low vibration, noise restricted and fitted with clutches.
- Tools should be ergonomically designed so they are comfortable to use.
- Work gloves should absorb impact energy, provide protection from sharp edges and be puncture resistant.
- Rotate workers through a variety of tasks so workers are not undertaking the same task or holding the same postures for extended periods.

LIFTING, PUSHING, PULLING AND HANDLING MATERIALS

- Have bulky materials delivered to the final work location or use mechanical load shifting devices (e.g. cranes, material hoists, forklifts, hand trucks).
- Heavy or awkward loads should have lifting points or handles fitted.

- Ask for smaller sizes when ordering materials (i.e. cement bags of 20kg instead of 40kg).
- Use personal protective equipment that is suited to the task (e.g. long trousers, boots, knee protection pads, puncture/impact resistant gloves).
- Sharp edges of metal sheeting and strips should be covered.

WORKING AT GROUND OR FLOOR LEVEL

- Use tables, benches or stands to bring work to waist height or use tools with extension handles (e.g. nail guns, caulking guns) to avoid bending.
- Use powered tools (e.g. carpet stretcher) and minimize use of manual tools (e.g. knee kicker).
- Use appropriate personal protective equipment (e.g. gloves, long trousers, boots and knee pads) and rotate workers through a variety of tasks.

NOISE

- Prevent hearing loss by using noise insulated (hired, subcontracted or directly owned) equipment (e.g. silence compressors).
- Separate people from noisy activities or use barriers and screens to block the direct path of sound.
- Wear hearing protection when using power tools.
- Place warning signs in areas of excessive and continual noise.

EYE PROTECTION

 Wear CSA approved protective eyewear that is appropriate to the conditions of the workplace.



