

Protect your injury hot spots

Painters

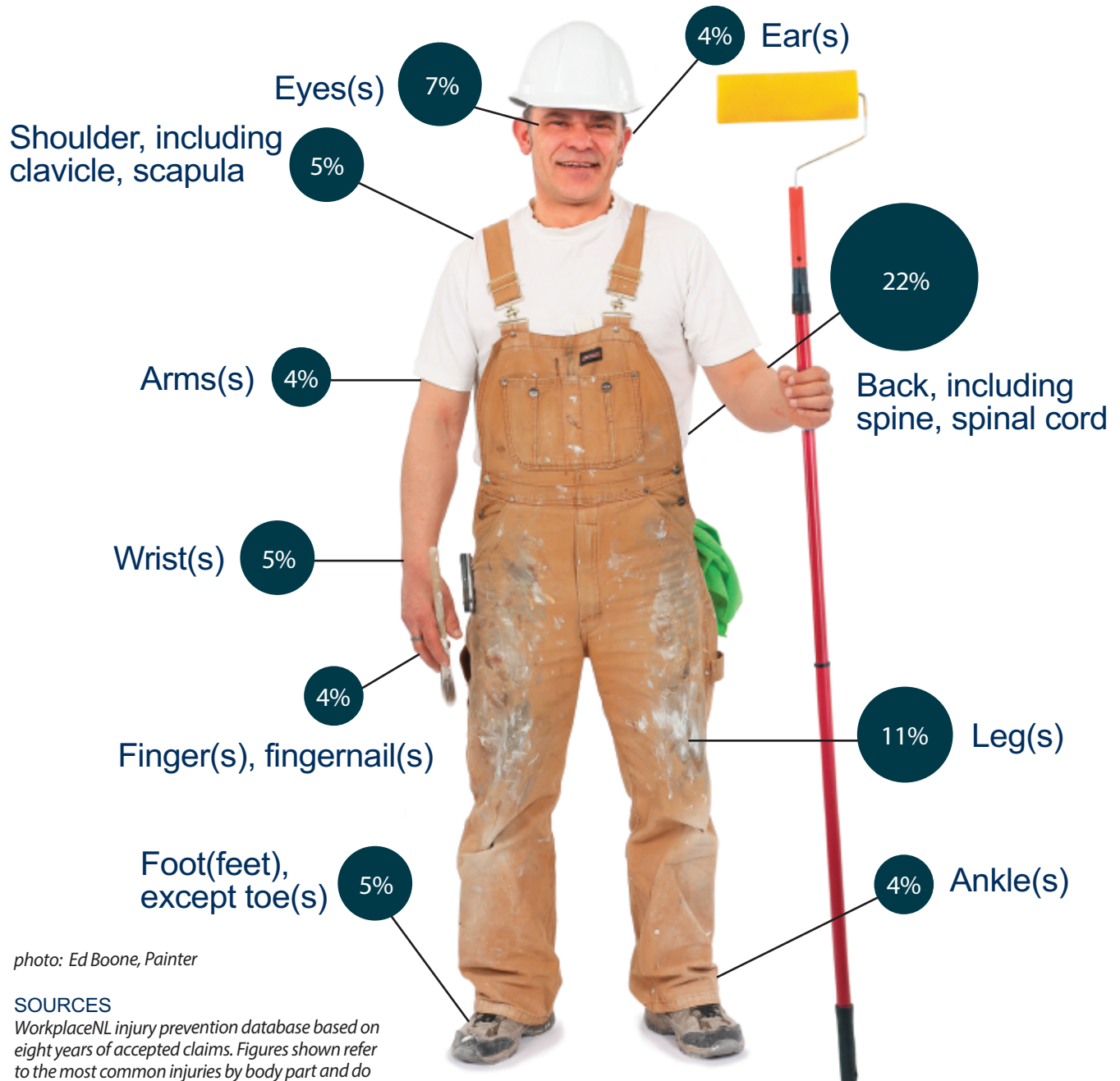


photo: Ed Boone, Painter

SOURCES

WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

WorkplaceNL

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COMMON INJURIES

FACTS

Injury Hotspots Painters



Prevention Tips

SLIPS, TRIPS AND FALLS

- Ensure access ways to the site and around the site are clean, level and in good repair.
- Ensure work areas are well-lit and there is good housekeeping.
- Set up drop sheets and position materials/equipment so they do not become tripping hazards.

LIFTING, PUSHING AND HANDLING MATERIALS

- Have paint tins and supplies delivered as close as possible to the work location.
- Avoid carrying paint tins larger than 10 litres. Use wheelers or trolleys to move large paint tins, or pour paint into smaller containers.
- Use tools with extension handles (e.g. long-handled paint rollers) to avoid reaching or bending.
- Reduce repetitively reaching or bending by positioning paint tins or trays near workers and at waist height (e.g. placing tins on a stand or carrying a small working pot).

USING TOOLS AND EQUIPMENT

- Ensure electrical equipment cords are not frayed.
- When working with blades or sharp tools, ensure they are guarded or wear appropriate personal protective equipment such as puncture resistant gloves and safety glasses.
- Wear protective equipment like knee pads or use a sit down trolley for low work.
- Rotate workers through a variety of tasks (e.g. painting, taping, edging) so they are not undertaking the same task or holding a position like stooping, kneeling or using rollers overhead for extended periods.

FALLS FROM HEIGHTS

- Avoid working at height if possible - use tools with extension handles to avoid reaching or bending.
- When working at height is required, use appropriate fall protection equipment (e.g. mobile scaffolds, elevating work platforms or step

platforms instead of ladders).

- Train workers in fall protection from an approved training provider if they are working above 3.03 metres.
- Use fall protection equipment according to manufacturer's specifications and the OH&S Regulations.
- Ensure barriers are placed around work areas, especially near openings like doors and windows.
- Work away from openings and edges like steps, stairs, and verandas/balconies.
- Use industrial grade ladders and maintain them in good condition.

NOISE

- Measure noise levels in the workplace.
- When noise cannot be reduced below the acceptable limits, wear appropriate hearing protection.
- If there is significant exposure to noise, get hearing tested annually.

EXPOSURE TO CHEMICALS

- Check that paint is not lead-based before sanding or removing it. Use appropriate respiratory controls if lead paint.
- Ensure work areas are well ventilated.
- Use, store and dispose of paints, thinners and solvents in accordance with material safety data sheets.
- Wear appropriate personal protective equipment such as eye protection, disposable coveralls, gloves, hearing protection and a respirator when necessary.
- Store flammable chemicals appropriately such as in a flammable storage cabinet.
- Do not store flammable chemicals near exits.
- Dispose of rags contaminated with flammable substances in covered metal containers.

For additional information please contact:

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