


Checklist for Paint Spraying

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Hazards/factors	Things to look for	Hazard present?	Comments	Suggested action/Solutions to consider	Action taken?
<p>Posture</p> 	<p>Do you find yourself working bent over and reaching awkwardly?</p>			<p>Can the job be done differently – from another side, or using scaffolding to make access easier?</p>	
<p>Grip</p>	<p>Do you feel pain in your hand or wrist after spraying?</p>			<p>Try not to grip the spray gun nozzle harder than you need to lock the nozzle in the 'on' position to save your grip. Think about the posture of your arms – keep them as relaxed as possible. Keep your wrist in a straight, natural position.</p>	
<p>Breaks</p>	<p>Do you work for long stretches without changing your posture?</p>			<p>Take regular breaks to relieve any aching muscles. Pace yourself so that you work in intervals, rather than working flat-out until the job is done. Only put sufficient paint in the container to last a manageable length of time. Move about regularly. Move about and don't stay in one position for long.</p>	

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PPE	Do you wear all the required PPE? Does it make it awkward for you to work? Is it tempting to not wear the PPE?			Wear all the necessary gear - make sure you have the right mask on and that it fits. Wear enough layers to keep warm. Report any problems you have with the PPE.	