




Checklist for Scaffolding

Page 1 of 2

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 in awkward postures - perched on a small bar, cramped in a tight space, leaning out working with outstretched arms?</p>			<p>Try to move about frequently so your body gets a chance to recover. Try to work in the most comfortable position - think about your back, arms, neck, etc. and put the least strain on your joints and muscles. Let your leg muscles do more work than your back muscles.</p>	
<p>Repetition</p> 	<p>Is there repetitive use of the spanner? Do you use one hand all the time?</p>			<p>Using your left and right hand alternatively is good practice. Work with your wrist in the most relaxed posture - not bent awkwardly. Don't grip the spanner too hard. Wear gloves that improve your grip but are not bulky or poor fitting.</p>	

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Manual handling 	Do you often carry equipment around – up & down ladders, stairs, from racking? Are the loads heavy? Where are heavy items stored?			Don't carry the tubes and boards up/down stairs – use a crane, a wheelbarrow or trolley. Wearing gloves will help you to grip more easily. Avoid putting items on the floor. Store items at waist height, especially the heavier pieces.	
	Is the scaffold tubing heavy and awkward to handle?			Is it practical to consider alternative forms of scaffolding, e.g. glass-reinforced plastic?	
Exposure to Environment	Are you exposed to wind and rain?			Keep warm and dry. Wear a hat, or use a zip-in woollen in your hat.	
PPE	Does the PPE you wear make the job difficult?			The safety line and life jacket are for your personal safety. Wear gloves that fit and that actually improve your grip. Can you order different PPE that suits the job better?	