

# Manual handling

## What you need to know as a busy builder

### Want to lighten the load on your busy building site?

These are the essential health and safety top tips you should follow, even if you don't directly employ the people working on your site.

- Prevent unnecessary lifting and carrying. Position loads by machine and plan where they need to be put.
- Avoid heavy materials that could cause problems if they need to be moved by hand. Choose lighter materials, order smaller bags of cement and aggregates. Keep materials such as concrete blocks dry.
- Use simple mechanical aids and make sure they are kept well maintained.
- Make sure workers are trained to use lifting equipment and other aids safely.
- Think about workers' size and strength. Have they been trained to lift safely?
- Consider hiring lifting equipment at a daily rate to lighten the load.
- Avoid repetitive lifting, handling heavy building blocks or other masonry units and installing heavy lintels by hand.

This is just a summary – you can find out what else you need to know about health and safety by visiting [www.hse.gov.uk/construction/index.htm](http://www.hse.gov.uk/construction/index.htm)

### What can happen if health and safety is ignored?

*A builder was installing a 70 kg steel beam by himself. He had to reposition the steel a number of times and subsequently suffered with a 'slipped disc' and had to have three months off work.*

See over for examples of good practice...

### Fee for Intervention -

HSE now recovers the costs of time spent dealing with material breaches of health and safety law. This is known as Fee for Intervention (FFI). FFI generally applies when an inspector finds something wrong that they believe is serious enough for them to write to you about. A fee is charged for the time spent by the inspector in sorting it out. Following the simple guidance on this sheet may help you to avoid having to pay a fee.

## Unacceptable



## Good example



## Further information

For information about health and safety, or to report inconsistencies or inaccuracies in this guidance, visit [www.hse.gov.uk](http://www.hse.gov.uk). You can order HSE priced publications at <https://books.hse.gov.uk>. HSE priced publications are also available from bookshops.

**This guidance is issued by the Health and Safety Executive. Following the guidance is not compulsory, unless specifically stated, and you are free to take other action. But if you do follow the guidance you will normally be doing**

**enough to comply with the law. Health and safety inspectors seek to secure compliance with the law and may refer to this guidance.**

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