

Safer manual handling for concreters

Lifting, carrying or putting down objects in the wrong way can cause injury.

Concreters are a high-risk group for these injuries, called musculoskeletal disorders (MSDs).

These tips can help your employees work safely on site.

10 tips for manual handling



1. Plan ahead

Create a plan for the pour to avoid double handling of materials and awkward access points. Planning ahead can also help you select the most appropriate tools for the job.



2. Identify manual handling tasks

Identify manual handling tasks early. Think about the best way to eliminate or reduce the risk of injury before starting these tasks.



3. Use a concrete pump

Concrete pumps help avoid manually moving the concrete. Make sure you choose the most appropriate concrete pump for the job. If you can, choose a boom pump over a static pump.



4. Choose smarter tools and materials

Choose lightweight and ergonomic tools and materials. After assessing the pour, choose the most appropriate tools for the job. Mechanical screens and long-handled tools can help reduce the risk of injury.



5. Use equipment and mechanical aids

Use equipment and mechanical aids where you can. Make sure to use a hoist, crane, or powered mobile plant to lift heavy objects.



6. Mix up your tasks

Try alternating tasks throughout the day to mix up physical positions if you can. Avoid being in awkward positions for too long. Job rotation throughout the day can help with this.



7. Wear knee pads or use a kneeling pad

Wear knee pads or use a kneeling pad to make kneeling more comfortable and to protect your knees.



8. Use a trolley

Use a trolley to move materials around site instead of carrying them. Trolleys can also keep your gear in one place and give you a raised working surface.



9. Take breaks and stretch

Regularly rest, stretch and straighten up if you're working in awkward positions.



10. Review and revise control strategies

Keep talking about manual handling risks and what you have to do to eliminate or reduce them. If an injury occurs, review and revise your control measures. This will help prevent it happening again.



More information about manual handling

► worksafe.vic.gov.au/hazardous-manual-handling



► worksafe.vic.gov.au/construction

