

# CFMEU SAFETY GUIDANCE

WESTERN AUSTRALIA

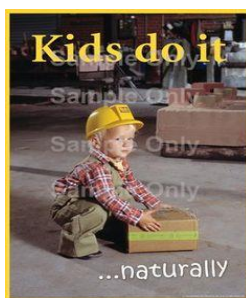
## MANUAL HANDLING

Statistics show that neck and back injuries make up more than 30% of all lost time injuries on construction sites.

WorkSafe WA have developed a new Code of Practice for manual handling and all employers should implement the Code in the workplace.

In addition, we should also encourage employers to:

- Ensure all workers are trained in the risks of manual handling.
- Assess awkward loads and work areas and implement adequate controls prior to commencing the lift.
- Use mechanical lifting methods where ever possible.
- Coordinated two man lifts.
- Where possible use 20 kilo cement bags.
- Reduce the size of blocks to less than 20 kilos or use mechanical lifting devices on blocks weighing 20 kilos or more.
- Reduce the size of gyprock and plasterboard sheets or use mechanical lifting devices.
- Reduce the size of formwork sheets or use mechanical lifting devices.
- Ensure manual handling is assessed in your Safe Work Method Statement (SWMS)



**There is always another option.**

REPORT UNSAFE WORK PRACTICES - CALL (08) 9228 6900 OR EMAIL [SAFETY@CFMEUWA.COM](mailto:SAFETY@CFMEUWA.COM)

**Stand up. Speak out. Come home.**