



How to transport goods

– safely on a precast site



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Transport

A well designed and maintained workplace will make transport accidents less likely. Make sure visibility is good, lights are adequate and working and pot holes are filled, markings and signs are clear, and spills are cleaned up quickly.

Keep vehicles and pedestrians separate whenever possible. Think about the types of vehicles that move around your site and how much room they will need to move safely. Then do what is practical to keep vehicles in their areas as well as the pedestrians clear of them.

The best way to prevent reversing vehicle accidents is to make your site a one way system with drive-through loading and unloading areas. However, if the site layout makes this impossible, you will need to take other measures to make reversing safe.

Mechanical Aids



You should provide mechanical aids if it is reasonably practicable to do so. Mechanical aids can improve productivity as well as safety. These aids help to reduce the risk of injury due to incorrect manual handling.



Workplace vehicles



Workplace vehicles should be stable in use, and provide a safe way to get into and out of the cab and any other parts of the vehicle that need regular access. Vehicles should have protection for the driver should they overturn or against being hit by falling objects. Seatbelts (if provided) should be worn by the operator. An operator's arms, hands, legs and head must not leave the confines of the cab or be placed between the uprights of the mast

Forklift trucks should only be used for the purpose for which they are designed. Operators should hold a high risk work license and only carry loads within the rated load capacity for the truck.

Loads should be placed fully against the truck carriage or back rest. The mast should be tilted sufficiently backward to safeguard the load. A forklift truck must not be used as a towing or push device, unless appropriate attachments are fitted. A tow rope must never be attached to the mast to pull or drag loads. A person should not push on the point of one or both forks. Nor should a person stand or walk under the elevated forks, even when a load is not being carried.

Operators must maintain a clear view ahead and behind (via a correctly adjusted rear view mirror) and give clear indication of their intentions as well as maintain a safe distance from other vehicles.

Speed limits on your site must be adhered to and operators must ensure they can make a safe stop at any time. Avoid rapid acceleration, deceleration and quick turns. Drive carefully on wet or slippery surfaces or when pedestrians are near. Reduce speed when making a turn. Take care that the tip of the fork (or load) or the rear side of the forklift truck does not touch a nearby person or object. Drive in reverse if vision is obscured by a bulky load. Ensure that the load leads when driving up gradients, tilt the mast back sufficiently to safeguard the load and raise the forks so they clear the ground. When travelling on an incline with no load, place the forks on the downhill side of the forklift truck.

Manual Handling

If you must lift an item without a mechanical aid here are a few practical tips to use for safe manual handling.

Think before you lift – plan the lift, where is the load going to be placed? Will you need help with the lift? Remove obstructions such as discarded wrapping material. If you are carrying a load a long distance, consider resting the load midway on a table or bench to change grip.

Keep the load close to the waist for as long as possible whilst lifting. Keep the heaviest side of the load next to the body. If a close approach to the load is not possible, try to slide it towards the body before attempting to lift it.

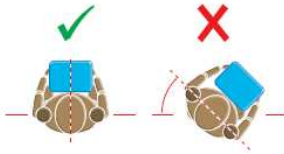
Adopt a stable position – your feet should be apart with one leg slightly forward to maintain balance. You should be prepared to move their feet during the lift to maintain your stability. Avoid tight clothing or unsuitable footwear, which may make this difficult.

Get a good hold – where possible the load should be hugged as close as possible to the body. This may be better than gripping it tightly with hands only.



Start in a good posture. At the start of the lift, slight bending of the back, hips and knees is preferable to fully flexing the back (stooping) or fully flexing the hips and knees (squatting).

Don't flex the back further whilst lifting. This can happen if the legs begin to straighten before starting to raise the load.



Avoid twisting the back or leaning sideways, especially while the back is bent. Shoulders should be kept level and facing in the same direction as the hips. Turning by moving the feet is better than twisting and lifting at the same time.

Keep the head up when handling. Look ahead, not down at the load once it had been held securely.

Move smoothly. The load should not be jerked or snatched as this can make it harder to keep control and can increase the risk of injury.

Don't lift or handle more than can be easily managed. There is a difference between what people can lift and what they can safely lift. If in doubt, seek advice or get help.



Put down, then adjust. If precise positioning of the load is necessary put it down first then slide it into the desired position.

Guideline Weights

