

# Safer manual handling for carpenters

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

Carpenters 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 job to avoid double handling of materials and awkward access points. Deliver materials as close to the job as possible.



- 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. For example, making sure you have help when lifting awkward or heavy loads.



- 3. Choose smarter tools and materials**  
Choose lightweight and ergonomic tools and materials. Lighten your tool belt as much as possible.



- 4. Mix up your tasks**  
Try alternating tasks throughout the day to mix up physical positions.



- 5. Get work up off the ground**  
Use a raised surface or portable bench for tasks where possible.



- 6. Limit overhead work**  
Avoid working with your arms above your head if you can. Use ladders, work platforms and scaffolding to get your body closer to your work.



- 7. 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.



- 8. Take breaks and stretch**  
Regularly rest, stretch and straighten up if you're working in awkward positions.



- 9. Use equipment and mechanical aids**  
Use equipment and mechanical aids, like lifting devices, where you can.



- 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](https://worksafe.vic.gov.au/hazardous-manual-handling)



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