

# Safer manual handling for electricians

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

Electricians 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, powered and ergonomic tools. If you can, select lightweight materials or materials that come in smaller parts or packs.



### 4. Use equipment and mechanical aids

Use equipment and mechanical aids, like lifting devices, where you can. These help reduce the risk of injury. For example, switchboard moving trolleys, hoists and cable drum jack stands.



### 5. Limit overhead work

Avoid working with your arms above your head if you can. Use ladders, elevating work platforms and scaffolding to get your body closer to your work.



### 6. Use a trolley

Use a trolley to move materials around site instead of carrying them. Trolleys are great for moving both big and small items. Trolleys can also keep your gear in one place and give you a raised working surface.



### 7. Mix up your tasks

Try alternating tasks throughout the day to mix up physical positions.



### 8. Take breaks and stretch

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



### 9. Wear good footwear

Wear boots with boot inserts. You should change your footwear as soon as it wears out or after six to 12 months of continuous use.



### 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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