

Safer manual handling for painters

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

Painters 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. 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.



- 4. Choose smarter tools and materials**
Choose lightweight, powered and ergonomic tools, such as spray guns, where you can. Use a combination of long-handled and short-handled tools to mix up working positions.



- 5. Use equipment and mechanical aids**
Use equipment and mechanical aids where possible.



- 6. Keep your arms close to your body when working**
Avoid stretching your arms away from your body. When working overhead, keep moving so your arms and body are under where you're painting. Extending the painting pole or raising your work surface can also help with this.



- 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



worksafe.vic.gov.au/construction

