

# Safer manual handling for plumbers

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

Plumbers 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, choose lightweight materials or materials that come in smaller parts or packs.



### 4. Use equipment and mechanical aids

Use equipment, mechanical aids and lifting devices where you can.



### 5. Wear knee pads

Wear knee pads to make kneeling more comfortable and to protect your knees.



### 6. Organise your tools and gear

It saves time, effort, and reaching awkwardly when trying to access and find things on a job site.



### 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. Mix up your tasks

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



### 9. Take breaks and stretch

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



### 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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