



1210 Safety Guidance



CONSTRUCTION SITE REGULATIONS

- construction site, some precautions **must** be taken to comply with the law.

 The width of the working platform must be at least 600 mm (25 inches). At least three standard scaffold boards side by will be required to achieve this, or at least two standard (450mm) stagings. Some stagings are now available in
- If all the risks have been assessed and it has been determined it is safe to work without toe boards and handrails, then in all the itses have been assessed and it has been determined it is said to work whitely the boards and handland, then there is no requirement. The definition of working at height is working in any place where, if precautions were not taken, a person could fall a distance liable to cause personal injury.
- Safety helmets must be worn on a construction site.

 If left in position the scaffold structure must be inspected by a competent person every 7 days or after alterations have n made or if there is inclement weather (wind)

WORKING ON A PLATFORM

- Wear a helmet whenever working at height or near a raised platform. Safety helmets **must** always be worn on a construction site.
- Check trestles and stagings or scaffold hoard to ensure the working platform is secure and safe each time it is used
- Do not exceed the safe working load (SWL) that is marked on the equipment.

 Do not climb the trestles or scaffold to reach the platform. Always use a proper ladder.
- At all times ensure that the only people who climb and use the working platform are those that are allowed to do so.
 Keep the working platform clear and clean. Do not store materials or tools other than those required for immediate use.
- Do not overload the trestles or working platform.

 Do not drop tools, materials or debris onto the working platform as this can damage scaffold boards and staging
- Care should be taken when pushing against the side of a structure from the working platform this could push the
- Toeboards and guardrails may be temporarily removed for movement of materials but these must be replaced before work
- 10. When work is completed, clean the equipment before returning it to the hire company.
 11. If more height or strength is required from the working platform, do not attempt to modify the equipment or improvise. Contact the hire company they will recommend and provide a suitable solution.
 12. If the equipment is faulty, do not attempt to repair it. Contact the hire company.

PLEASE KEEP THIS LEAFLET SAFELY AS IT MAY BE REQUIRED FOR FUTURE REFERENCE

Recommended board strength properties are:

Board Thickness	Target Span	Moment of resistance of a single board where:	
mm	m	An applied load acts only on an individual board kNm	An applied load spread uniformly* across a minimum of 4 boards kNm
38	1.2	0.50	0.61
38	1.5	0.65	0.81
63	2.5	1.25	1.48
*i.e. via a rigid building pack			









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 $(sul \cap I - sul z)$ no more than: 3.25m (10ft 6ins)



63mm (2½ ins) boards

(sui 8 - sui 2) Overnand: no more than: 2.6 m (8ft 6ins) Distance between supports



50mm (2ins) boards

աա051-ოա02 (HZ) mZ.f no more man: DISTRIBUCE DELM



38mm (1 1/2 ins) boards

No.3 builders tresties snown unextended

Scaffold boards - Sizes and spans

1191 me.4 1141 mg.4 3.1m 10ft 3 118 m4.2 Length of Board Supports needed Scaffold Boards (ni½/t) mm8£

caps between boards snould be as small as standard scatfold boards side by side for this. at least 900m (36ins). The width of your working platform should be

must be tied or secured to prevent movement. If boards shorter than 3.9m are used they

builder's trestles are securely in position. Make sure that pins or locks on adjustable านธิเอน

find it difficult to adjust them all to the same Do not mix different sorts of trestle: you may

supports, and the amount of allowable out the maximum distance between the in), use the illustration on the right to find It you are using boards thicker than 38mm













with Steel Trestles.

Trestles, Stagings and Scaffold Boards

Read this entire leaflet before using Trestles, Stagings and Scaffold Boards

- 1. Plan your work and think ahead to make sure you will always be working safely.

 2. Working at height should only be done by people who have the
- necessary knowledge, skill and resources to do the job safely.
 Under the Work at Height Regulations 2005 all Working at Height
- should be risk assessed, works properly planned and appropriately supervised. In addition the regulations impose duties relating to the selection of work equipment. (See WHR regulation 7).
- Decorator's or painter's trestles are used with stagings to give a firm level working platform at various heights. Steel adjustable builder's level working platform at various heights. Steel adjustable solutions of the steel second be used with scaffold boards or stagings to give a safe working platform at various heights. Stagings and scaffold boards can also be used to form working or access platforms on scaffolds. Do not use this equipment for any other purposes. Carelessness or misuse could cause a serious or fatal accident.
- Trestles, stagings and boards can be awkward to move. Take care not to injure yourself get help with stagings and long boards.
- You must have at least the following items of personal protective equipment: hardhat; safety shoes or boots: aloves
- Anyone with either
- You may require a ladder for safe access to your working platform.

 This equipment must not be used by minors, or anyone under the influence of drugs or alcohol.

 This equipment is designed for erection and use by able bodied adults. Anyone with eithe temporary or permanent disability must seek expert advice before using it.

ASSEMBLERS AND USERS

- 1. Do not erect or use trestles, stagings or scaffold boards unless you are capable and confident of working
- The following items of personal protective equipment (ppe) are the minimum that should be worn whenever you use this equipment. Particular jobs or environments may require a higher level or
- You should wear a helmet whenever you are working at height, or near a raised working platform. On a construction site you must wear a helmet at all time
- Wear safety boots when erecting or dismantling the working platform. Strong gloves will help to protect your hands.
- Anybody who is working near to you will need to wear the same safety equipment.











find the supports are at different heights. Do not mix different sorts of trestle: you may

eduivalent to three men spaced apart.

Stagings should be supported 600mm (2ft)

supported staging can carry 270kg - this is

evenly spaced along its length a properly

two men working together. If the load is or 180kg in the centre - this is equivalent to

A properly supported staging can carry a load

slloy sides with a timber or composite

Stagings are made from timber or lightweight,

understand now to erect and use the

fitted. Before starting work make sure you

toe boards and handrails are required to be

supervision. This will determine as to whether

Follow your risk assessment, work plan and

DECORATOR'S TRESTLES AND



effort has been made by HAE/EHA to ensure that the information given in this docur to have arisen from the use of any such document/material. Only Acts of Parliament have the force of law and only the courts. have the force of law and only the courts can authoritatively interpret the law.

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from eitner end.

STAGINGS

(suig) wwogt by at least 50mm (zins) – but no more than

38mm boards should overhang the support (1 1/2 in) scattold boards. The table on the right shows how many

ensure an even surface. They should also be

All boards should be of the same thickness, to at each end to protect the end grain.

selected timber, banded with a strip of metal enough. Scaffold boards are usually made of orking platforms: other planks are not strong Only use proper scaffold boards to form

<u>SCAFFOLD BOARDS</u> BUILDER'S TRESTLES AND

Do not use stagings or scaffold boards as a which could prove dangerous. working platforms. This would cause damage barrow ramps or for anything other than

rnem opening properly. partication in the hinge which would prevent Open trestles fully - check that there is no

Do not use scaffold boards or stagings as

and associated attachments must be used Only the correct / specific Hand-Rail Systems





SETTING UP YOUR WORKING

children, on or near your working area. Do not allow unauthorised persons, especially

people away from your platform. Put up barriers with warning signs to keep

The ground must be solid and level.

from vehicle routes and doorways. Check that the area is clear and safe, away

cables. Beware of other cables or projections. You must not work near overhead electric

MORK AREA

Before Starting Work.