

OWN SAFETY ONSITE

Toolbox Talk – Rough in and Fit out

Applying a dynamic risk assessment approach to managing hazardous manual tasks onsite during rough in and fit out stages.

STOP

THINK about and plan your work tasks

- Ensure that lifting aids, equipment and appropriate resources are considered in the project budget.
- Plan forward and look ahead. Have you planned and budgeted for lifting aids, including three-tiered trolleys, flat bed trolleys? Is there appropriate site access to all areas to ensure ease of use of lifting aids? Have you confirmed that all fittings and basins, toilets and taps are present and correct size, type, etc. to avoid double handling?
- Can you avoid using tool or waist bags with trolleys?
- Have you set up a bench saw at comfortable working height to avoid having workers cut on the floor or on temporary/unstable surfaces?
- Ensure any pipe, fittings, toilets, basins, bathtubs are stored close to site of installation to avoid unnecessary lifting and carrying. Can a site lift or crane be used to move equipment up or down stairs?
- Aim to eliminate lifting using lifting and mechanical aids wherever possible. If lifting or carrying must occur, always use two workers to lift or carry toilets, bathtubs, basins.

ACT using safe lifting principles

- Workers to understand their capabilities and limitations regarding manual handling tasks (stature, strength, pre-existing weaknesses, or injuries).
- Visual assessment – weight, size, shape, handles.
- Assessment with foot or hand – tap or pull to get a feel for weight when unsure of weight or awkwardness.
- Check path for hazards or obstructions.
- Ensure regular job and task rotation to avoid sustained or repetitive postures.

Lifting and handling toilets, baths, sinks during installation

- Use a trolley to reduce carrying of baths, sinks, toilets around site.
- Use a two-man lift – use a two-handed power grip, squat type lift and timed lift.
- Use handles on boxes whenever possible to improve grip.

Installing sinks, taps under bench

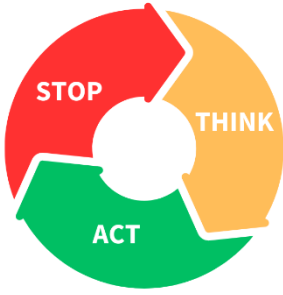
- Use knee pads or cushioning to improve comfort.
- Vary approach between lying down, kneeling, semi kneel and crouch to avoid repetitive exposure to one side or body area.
- Avoid overreaching by getting close to what you are working on.

Rough in walls

- Avoid using a toolbelt by using a trolley to avoid strain on your body.
- Use a bench saw to avoid cutting at awkward heights and postures.
- Use a trolley to reduce carrying pipe and materials around site.

Report any issues early

- Ensure any issues machinery or equipment is reported, and if you develop any discomfort or pain.
- Report any hazards early.
- Seek early treatment or medical assistance.



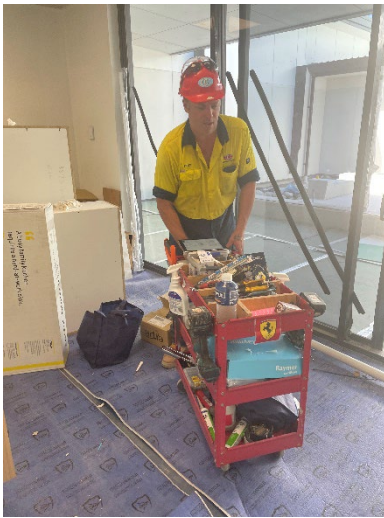
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Rough in and Fit out: Task examples



Do

- Use a trolley to move equipment, tools, toilets, cisterns and basins.



Do not

- Do not lift toilets and other heavy items by yourself. Avoid a bent back stoop type lift for heavy or awkward items.



Do

- Use a two-man lift when handling toilets out of boxes and into position. Use a squat lift keeping your back neutral, good base of support with a two-handed grip.



Do not

- Do not use bent back postures whilst unpackaging toilets as this can be awkward. Use a second person to hold the box to make it easier to remove item.





Do

- Two-person timed lift from box to installation site.



Do not

- Do not cut pipe with a handsaw at ground or awkward heights with no support or base to work.



Do

- Use a workbench and saw to avoid cutting pipe and nogs at awkward heights.



Do not

- Do not carry items that are awkward or heavy around site. Use a trolley to carry items instead.



Disclaimer

The information contained within is general in nature and is not related to your specific circumstances, situations, or medical conditions. Neither Master Plumbers' Association of Queensland (MPAQ) nor WorkCover Queensland will be liable for any injury or illness sustained for following this information and it is recommended to seek advice as to individual circumstances before using this information.

Safety Equipment Recommendations

Renegade Industrial 2 Tray Tool Trolley



Renegade Industrial 2 Tray Tool Trolley - RI28-2T | TradeTools
RRP: \$179

- 2 Tray Service Cart
- Quality Steel Construction
- Red Powder Coated Steel Frame
- Steel Push Handle
- Safety Guards to prevent damage
- Wheel lock Mechanism to Prevent Trolley Rolling Away
- x2 Fixed Castor Wheels
- x2 Swivel Castor Wheels

Renegade Industrial 300kg Steel Platform Trolley



Renegade Industrial 300Kg Steel Platform Trolley - RIPFT300S | TradeTools
RRP\$95

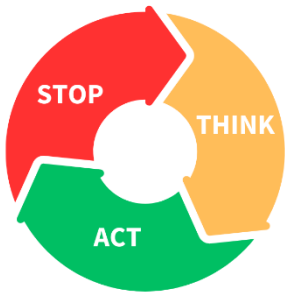
- Steel Platform Trolley
- 4 Castor Wheels, 2 Fixed & 2 Swivel
- Folding Handle Locks in Position
- Rubber Edging to Protect From Bumps & Scrapes

Renegade Industrial Scissor Lift Trolley



Renegade Industrial 350Kg Scissor Lift Table - SPS350 | TradeTools
RRP\$659

- 350 Kg Lifting Capacity
- Foot-Operated Hydraulics
- Lever Release Control
- Maintenance Lockout Bar
- 4 x Polyurethane Type Castor Wheels (2 Lockable)



OWN SAFETY ONSITE

Rough in and Fit out: Task specific dynamic warm-ups and strength exercises for you to own your health, safety and wellbeing.

Exercises targeting strength, mobility and balance for in rough in and fit out works stage. (Consult a GP or Allied Health professional prior to commencing any new exercise program).

Push ups



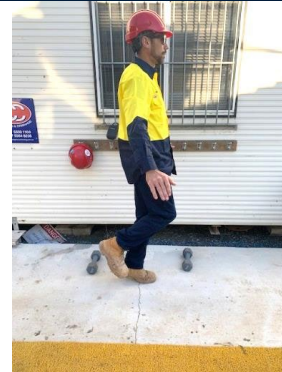
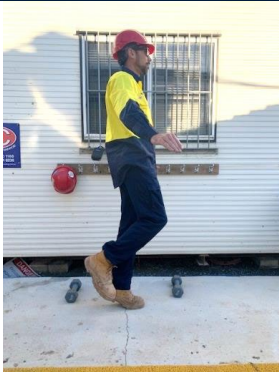
Perform push ups as a warm-up (20-30 repetitions). Add resistance using a plate weight with help or use a weighted chest press or bench press machine in the gym or at home.

Bent over rows



As a warm-up, perform bent over rows without weight pulling shoulders back 20-30 repetitions. Modify position depending on back and hip flexibility. Add dumbbells or perform cable or bench rows in the gym or at home for strengthening.

Calf raises – single leg



Perform 20-30 single leg calf raises for a warm-up. Hold on for balance support. Add holding a dumbbell for resistance strengthening.

Neck stretches: side to side and rotation



Gently use your opposite hand to pull your neck to the side, hold for 10-15 seconds.



Rotate your neck side to side as a warm-up 10 times each way.

Acknowledgements

The development of this document has been funded by WorkCover Queensland and involved collaboration with stakeholders and worker representatives from CC Group, Beavis and Bartels Group, WorkCover Queensland, and the Master Plumbers' Association of Queensland.

For further information on workplace health and safety, please refer to:

[Hazardous Manual Tasks Code of Practice 2011](#)

[Work Health and Safety Regulation 2011](#)

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