

Health and Safety

IMPORTANT:

Please read the following notes before specifying, handling or installing Gypsum Industries products. The notes are for guidance purposes and are not intended to be exhaustive. When installing proprietary products, by others, reference should be made to the manufacturers' instructions and product data.

General

The advice and guidance referred to does not seek to replace the Health and Safety advice and systems of employers in relation to the use and installation of the Company's products but should also be considered. At all times all users of such products and installation techniques should ensure that they are familiar with, and adhere to, their employer's own Health and Safety procedures and all relevant Health & Safety legislation, standards and guidance.

The Gypsum Industries products and systems included in this manual have been developed for use in domestic, commercial and industrial buildings. Guidance as to the correct installation and use of these products and systems is included in the installation sections.

It is important to follow good site practice at all times and to ensure that appropriate safety precautions are taken (including the wearing of appropriate personal protective equipment and clothing) when working with Gypsum Industries products.

The following general notes are offered for guidance:

- Gypsum Industries systems are non-loadbearing and are not designed to support body weight. Fixers must work from an independent support system.
- Manual off-loading of boards, panels and bagged materials should be carried out with care to avoid unnecessary strain.
- Keep sanding and other dust generation to a minimum. Maintain adequate ventilation and/or wear suitable protection.
- When cutting boards or metal sections, hand and power tools should be used with care keeping blades and saw teeth clear of hands, etc.
- Power tools should be used in accordance with manufacturers' recommendations, and only be used by people who have been instructed and trained to use them safely.
- When using powdered products, mix with water in well ventilated conditions. Avoid contact with eyes and skin – wear suitable eye and skin protection. In the event of contact with the eyes, irrigate with plenty of clean water immediately.
- When handling insulation or cutting board products containing glass fibre, wear suitable face and skin protection. Wear eye protection when working overhead.

Suitable protection should be to the following standards:-

- Face protection: EN 149 Class FFP2.
- Eye protection: BS EN 166.

Further information is available in our Material Safety Data Sheets (MSDS), which are available on request.

Customers are also reminded that under the Safety, Health and Welfare at Work Act 2005 (Republic of Ireland) and the Health and Safety at Work Act 1974 (Northern Ireland), and the following subsequent regulations, employers are under a duty to ensure that all risks associated with the use of equipment are properly risk assessed, that employees are informed of the findings of these assessments and are instructed, trained and supervised in the proper use of such work equipment and protective equipment. The extent of instruction, training and supervision required will depend on the employees existing competence necessary to use the work equipment with due regard for Health and Safety.

- Management of Health and Safety at Work Regulations
- Provision and Use of Work Equipment Regulations
- Personal Protective Equipment Regulations

Handling and storage

Gypsum Industries fully accepts its responsibilities as a supplier of building materials and systems as required by Section 16 of the Safety, Health and Welfare at Work Act 2005 (Republic of Ireland) and by Section 6 of the Health and Safety at Work Act 1974 (Northern Ireland).

However, in designing and installing systems incorporating Gypsum Industries products, full consideration must be taken of the legal requirements of:

Republic of Ireland

- 1 Safety, Health and Welfare at Work (General Application) Regulations 2007, Part 2, Chapter 4, Manual Handling of Loads
- 2 Safety, Health and Welfare at Work (Construction) Regulations 2006
- 3 Safety, Health and Welfare at Work Act 2005
- 4 Safety, Health and Welfare at Work (Chemical Agents) Regulations 2001

Northern Ireland

- 1 Manual handling Operations Regulations
- 2 Construction (Design and Management) Regulations
- 3 Control of Substances Hazardous to Health Regulations (COSHH)

Guidance documents / approved codes of practice regarding these regulations are available via the Irish Health and Safety Authority and the Health and Safety Executive.

Loading and unloading pallets

PPE: Hard hat, hi-vis and safety shoes required.

- Always place one foot forward by operating from the corner of the pallet or placing one foot on the pallet, taking care to ensure that the pallet does not tip in the process.
- Unlock the knees for low level work.
- Take a firm grip of the load with both hands.
- Lift using the legs to start the movement.
- Always keep the load close when carrying.
- **DO NOT LIFT WITH FEET IN LINE OR WITH LOAD IN FRONT OF THE FRONT FOOT.**



Mixing of bagged products

PPE: Mask, eye protection, hard hat, hi-vis and safety shoes required.

Emptying bags into a mixer

- Always place one foot down by the side of the mixing container.
- Unlock the knees if necessary.
- **DO NOT EMPTY BAGS WITH FEET IN LINE.**



When mixing

- Keep the foot to the side of the mixing container.
- Unlock the knees if necessary.
- Maintain a balanced position.
- **DO NOT WORK WITH FEET IN LINE.**

Picking from mid level

PPE: Hard hat, hi-vis and safety shoes required.

- Place one foot forward.
- Take a firm grip of the load.
- Pull the load to a point of pivot (using the legs if necessary).
- Pivot against the stack.
- Keep the load close.
- **DO NOT TWIST.**
- **DO NOT PICK WITH FEET IN LINE.**

Handling buckets

PPE: Hard hat, gloves, hi-vis and safety shoes required.

- Always place one foot alongside the bucket before lifting, or pivot the bucket towards you before lifting.
- Take a firm grip with both hands.
- If heavy, you may need to tilt and take a grip of the base and the top of the bucket.
- Start the lift with the legs.
- Unlock the knees for low level work.
- Always turn by moving the feet.
- If taking two buckets, always carry in a balanced manner.
- Only handle what you can manage.
- **DO NOT CARRY HEAVY OBJECTS ON ONE SIDE.**
- **DO NOT TWIST.**



Handling lengths of metal

PPE: Gloves, hard hat, hi-vis and safety shoes required.

- Always approach the lengths of metal from one end.
- Place one foot forward.
- Unlock the knees for low level work.
- Take a firm grip.
- Lift using the legs to start the movement.
- **DO NOT PICK FROM THE MIDDLE OF THE STACK.**

EITHER

- Work your way to the middle.
- Pivot the stack and carry in a balanced manner.

OR

- Place over the shoulder.
- Work your way to the middle (point of balance).
- Unlock the knees to rest the stack against the shoulder.
- Allow the stack to pivot against the shoulder as you stand up.
- Only carry over the shoulder if you can remain upright.
- Be aware of your surroundings when carrying lengths of metal in this way.
- **DO NOT LEAN.**



If removing from racks

PPE: Gloves, hard hat and safety shoes required.

- Place one foot forward.
- Drive with the legs to bring the load to one end.
- Carry in a balanced manner.
- Always communicate during the lifts and carrying.

Handling boards

PPE: Hard hat, gloves, hi-vis and safety shoes required.

One person operation

- Pull the board in towards yourself.
- Unlock the knees for low level work.
- Lift by using the legs.
- Try using handles for carrying plasterboard.
- Improve your grip and help to make the lift less awkward.
- Tools are available to reduce the time you spend in overhead work and holding, to help hold boards in place for fixing.
- Use team lifting where appropriate.
- Carry the board in a balanced manner (for large boards, you can support the board on the top of the chest/ shoulder).
- Only lift what you feel you can manage.
- If necessary, seek assistance.
- When stacking boards, position boards sideways slightly in front of you, so you do not have to reach over your head or twist your body to lift them.
- Position panels to lean flat against a wall and do not wobble or slide.
- Push and slide panels along their edge or get assistance from a co-worker.



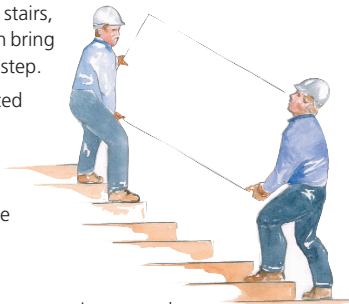
Two person operation

- Operate from the corners of the stack.
- Unlock the knees for low level work.
- Lift board together to vertical position.
- Only lift what you feel you can manage.
- Carry in a balanced manner across the body.
- If walking backwards, ensure it is over the shortest possible distance and clear the route beforehand.
- **DO NOT CARRY HEAVY OBJECTS ON ONE SIDE.**

Carrying board up / down stairs

PPE: Hard hat, gloves, hi-vis and safety shoes required.

- Whether going up or down stairs, place one foot forward then bring both feet together on each step.
- Keep the boards in a balanced manner.
- Place both feet on each step before moving off to improve control and balance throughout the lift.
- Work together and in time.
- Stop wherever necessary (if steps are in poor order, or have a deeper drop, you may need to place the load down first).
- Only lift what you feel you can manage.



Fixing walls

PPE: Eye protection, gloves, hard hat, hi-vis and safety shoes required.

- Operate in a balanced manner.
- Always keep one foot forward.
- Unlock the knees for low level work.
- Always work in front of the body.
- Use appropriate platforms where necessary.
- **DO NOT OVER-REACH OR STRETCH TO THE SIDES OR ABOVE THE HEAD.**



Lifting plasterboards into place (including ceilings) - two person operation

PPE: Eye protection, hard hat, gloves, hi-vis and safety shoes required.

- Communicate - work together.
- Take a firm grip of the board in both hands.
- Unlock the knees to place board into position.
- Always work in front of the body.

Fixing ceilings

PPE: Eye protection, hard hat and safety shoes required.

- Always work in a balanced position.
- Operate with one foot forward.
- Keep the body upright.
- Always use appropriate platforms where necessary.
- **DO NOT OVER-REACH.**



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