

## Construction is a high-risk industry. Here's the 'High 5' that will help you keep safe and healthy.


### Remember to:

- ✓ Plan and organise what you do
- ✓ Make sure you're trained and competent and know the special risks in your trade
- ✓ Raise problems with your supervisor or safety rep

## HIGH 1 THE BASICS:

### Tidy sites and decent welfare

Tidy sites and decent welfare are the basics of a good site. Slips and trips are the most common cause of injuries at work.

 An untidy site is a poorly managed site.

All sites need decent welfare facilities. The minimum welfare requirements are:

- ✓ Clean toilets
- ✓ Running hot and cold water with soap and towels
- ✓ Basins large enough to immerse your arms up to the elbows
- ✓ Drinking water
- ✓ Somewhere warm, dry and clean to sit and eat

 Poor welfare facilities can lead to ill health

#### MORE INFORMATION

HSE free leaflet *Preventing slips, trips and falls at work* INDG225  
HSE free information sheet *Provision of welfare facilities at transient construction sites* CIS46

## HIGH 2 FALLS FROM HEIGHT


Falls from height are the biggest cause of fatal and serious injuries in construction. They account for 50% of all deaths. Many accidents involve falls from roofs, through fragile materials, from ladders and from leading edges.

### Generally, make sure you:

- ✓ Work from a safe and secure place or platform with proper edge protection
- ✓ Use scaffolds and scaffold towers that are competently erected
- ✓ Use powered access equipment safely
- ✓ Protect holes and leading edges, eg with guardrails and toe boards


### When working on roofs never:

- ✓ Work in poor weather
- ✓ Work on sloping roofs without edge protection
- ✓ Throw down waste or equipment

 Take care when working on or near fragile material - you can fall through as well as off it.

### Ladders:

- ✓ Only use ladders for light work of short duration if there's no safer alternative
- ✓ Angle and secure them to prevent slipping (1 out for 4 up)
- ✓ Always make sure ladders are properly maintained

 Never over-reach


#### MORE INFORMATION

HSE free information sheet *General access scaffolds and ladders* CIS49(rev1)  
HSE free leaflet *Working on roofs* INDG284

## HIGH 3 MANUAL HANDLING

Manual handling injuries from working with heavy, awkward materials, often in cold and wet conditions, are one of the most common reasons why workers leave construction. Injuries are made worse by repetitive jobs, such as laying heavy blocks.

- ✓ Use mechanical means, eg hoists, teleporters and chutes rather than hods
- ✓ Choose equipment suitable for the job and keep it maintained
- ✓ Change to lighter materials, bags etc
- ✓ Avoid repetitive handling
- ✓ Avoid awkward movements

 Protect yourself and reduce the strain


#### MORE INFORMATION

HSE free leaflet *Getting to grips with manual handling* INDG143(rev1)

## HIGH 4 TRANSPORT

Workplace transport incidents are the second most common cause of fatalities after falls from height.

- ✓ Use barriers and warning signs to separate vehicles and people
- ✓ Create clearance around slewing vehicles
- ✓ Avoid reversing - where you can't, use trained banksmen
- ✓ Make sure loads are secure
- ✓ Don't use plant and vehicles on dangerous slopes
- ✓ Only take passengers on vehicles designed to take them
- ✓ Make sure vehicles are maintained and operators are trained

 When people and vehicles collide, people come off worse - so keep them apart!

#### MORE INFORMATION


HSE free information sheet *Construction site transport safety: Safe use of compact dumpers* CIS52

## HIGH 5 ASBESTOS

Many buildings in the UK contain asbestos. If you're thinking of working in a building that was built or renovated up until the 1980s, you should assume it contains asbestos until proved otherwise.

The main asbestos-containing materials (ACMs) are lagging, asbestos insulating board, sprayed insulation, decorative coatings and asbestos cement.

- ✓ Check if there is any ACM
- ✓ Find out what you need to do to work safely

 **If in any doubt, leave it to the experts!**

### MORE INFORMATION

HSE free leaflets:

*Working with asbestos in buildings* INDG289

*A short guide to managing asbestos in premises* INDG223(rev3)

*Asbestos dust kills - keep your mask on* INDG255(rev1)



## Five ways to reduce risk on site

Working Well Together (WWT) is the country's leading construction health and safety campaign, supported by the construction industry, trade unions and the Health and Safety Executive. For further information check out the WWT campaign website at [wwt.uk.com](http://wwt.uk.com)

To join WWT call 0845 27 27 500



## FURTHER INFORMATION

HSE Books produces a wide range of free and priced publications on construction, including the following:

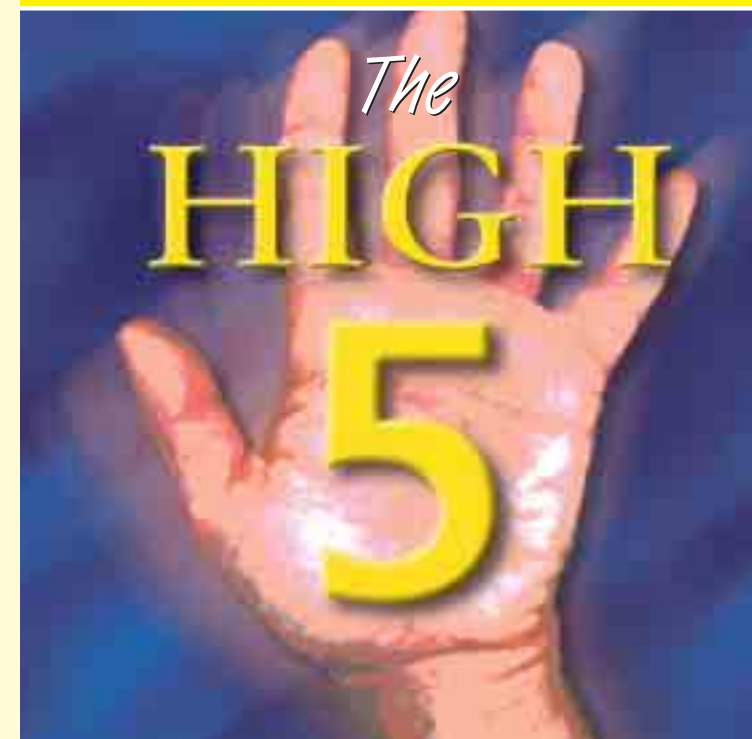
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This leaflet contains notes on good practice which are not compulsory but which you may find helpful in considering what you need to do.

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## Five ways to reduce risk on site

For small construction sites

For small construction businesses

For workers

