What you need to know as a busy builder

You are responsible for health and safety – even if you don’t directly employ the people working on your site

- Give enough time to planning organising and controlling the work
- Check what is actually happening, and stop dangerous practices
- Think about health as well as safety risks
- Ask for advice if you need it – call HSE’s Infoline (0845 345 0055)

General Duties Reg 4 – 7 (Apply to all at all times)

Reg 4 Competence
Ensure appointees are competent
Do not accept appointment if not competent

Reg 5 Cooperation
Seek cooperation from others, cooperate with them on this site or another. Report any dangers which they are aware of.

Reg 6 Coordination
Of activities to ensure the H&S of persons affected

Reg 7 Prevention
Apply the general principles

PRINCIPLES OF PREVENTION
Apply principles during design & construction:

- Avoid risks
- Evaluate risks that cannot be avoided
- Combat risks at source
- Adapt work to the individual
- Incorporate technical progress
- Replace dangerous by non/less-dangerous
- Develop a coherent prevention policy
- Give priority to collective measures
- Give appropriate instructions to employees

PROTECT WORKERS AND THE PUBLIC

Keep your site clean and tidy, with clear space for people to work in.

Fence the site off and use warning signs

Keep people, including the public, away from danger

30th October 2011
Structures and excavations

Make sure walls and structures are kept in safe condition
Plan demolition work properly, and write it down
Make sure trenches and excavations can’t collapse and people can’t fall in

WORKING AT HEIGHT
AVOID work at height if you can
PREVENT falls - use the proper gear, such as scaffolds or cherry pickers
MINIMISE the chances of people being hurt if they fall - use nets or crash bags
Ladders can be used for ACCESS, but working from ladders allowed only as a last resort.

Manual handling
Prevent unnecessary lifting and carrying
Choose lighter materials, smaller bags of cement and aggregates
Use trolleys, hoists or telehandlers.
Avoid repetitive laying of heavy building blocks and installing heavy lintels by hand.

Electricity and power
Use low voltage systems or battery-operated power tools, and make sure these are inspected regularly
Make sure connections to the system are properly made and suitable plugs used
Cables and leads in good condition and protected from damage
Locate hidden cables and other services, and mark on plans

Provide on-site or nearby:
Clean and working toilets
Washbasins with hot and cold running water, large enough to wash hands, face and forearms
Soap and towels
Drinking water, and cups if needed
Rest area to sit, make hot drinks and eat