

# M&P VISUAL METHOD/RISK/QUALITY SWANSEA UNIVERSITY

## LIFTING PLASTERBOARDS

### ALWAYS

Plan your lift and ensure you minimise carrying.  
Bend your knees and communicate timing.  
Use your legs and not your back.  
Lift and move plasterboards in pairs.  
Use a trolley to move plasterboards to minimise lifting.  
Ask for assistance when lifting awkwardly shaped loads.  
Tell your Supervisor if you suffer from back pain.

### NEVER

Use your back to lift plasterboards.  
Engage in any horseplay.  
Rush and risk injury.  
Carry Plasterboards over a long distance without using a trolley.  
Lift more than 25kg without the help of aids. (Some individuals' capability might be less than 25kg)  
Lift repetitive loads of over 20kg.

**Please remember the importance of the 3 L's LOOK – LEARN – LISTEN =  
BETTER EDUCATION = BETTER SAFETY PERFORMANCE.....!**



**Always  
Think  
Safe.**

### ALWAYS

Bend your knees and lift with your legs and not your back.

**THINK SAFE – DANGER NEVER SLEEPS...!!**