

## **SAFE JOB PROCEDURES 4.16**

**JOB TITLE:** DRYWALL LIFTING & CARRYING

**DEVELOPED BY:** Jennifer Moher      **DATE:** February 19, 2008

**APPROVED BY:** Dan Sager      **POSITION:** Safety Coordinator

**DATE:** April 4, 2008

**REVISED BY:** Chris Cable      **DATE:** January 15, 2016

**EQUIPMENT REQUIRED:**

**MATERIAL REQUIRED:** Drywall.

**PERSONAL PROTECTIVE EQUIPMENT:** Steel-toed boots, gloves, hard hats.

**JOB STEPS:**

1. Survey the area which you will be carrying the drywall through. Ensure it is free of debris, cords etc. that may be a tripping hazard. Make sure there are no holes.
2. Ensure you know the approximate weight of the drywall to be lifted and your physical limitations. Obtain assistance if the load cannot be lifted easily by one person.
3. The use of drywall lifting equipment may be required and used when needed.
4. Get a good grip and use proper lifting techniques.
5. Hold the load as close to your body as possible and avoid awkward carrying positions.
6. Avoid static muscle tension caused by body positions being held for long periods of time.
7. Take frequent breaks and allow the body to stretch and rest.
8. Seek medical assistance if you experience sharp pains, dull aches, tingling or numbness, burning, swelling, redness or pain when an affected area is moved or touched.
9. When putting down the load, again use proper lifting techniques using primarily your legs.
10. Don't drop the drywall as it may fall causing you or someone else injury.
11. Use of gloves will help to protect hands from abrasions.

12. Be extra careful when carrying drywall on a windy day. The wind may grab the board and make it uncontrollable. In this instance, release the board immediately if no injury to others is imminent.
13. In winter months, walk the path into the house **prior** to carrying drywall or tools to ensure there is nothing under the snow such as ice, poly, tripping hazards etc.
14. Make sure there is a ramp into the house. It should be clear of mud, ice, snow and debris.