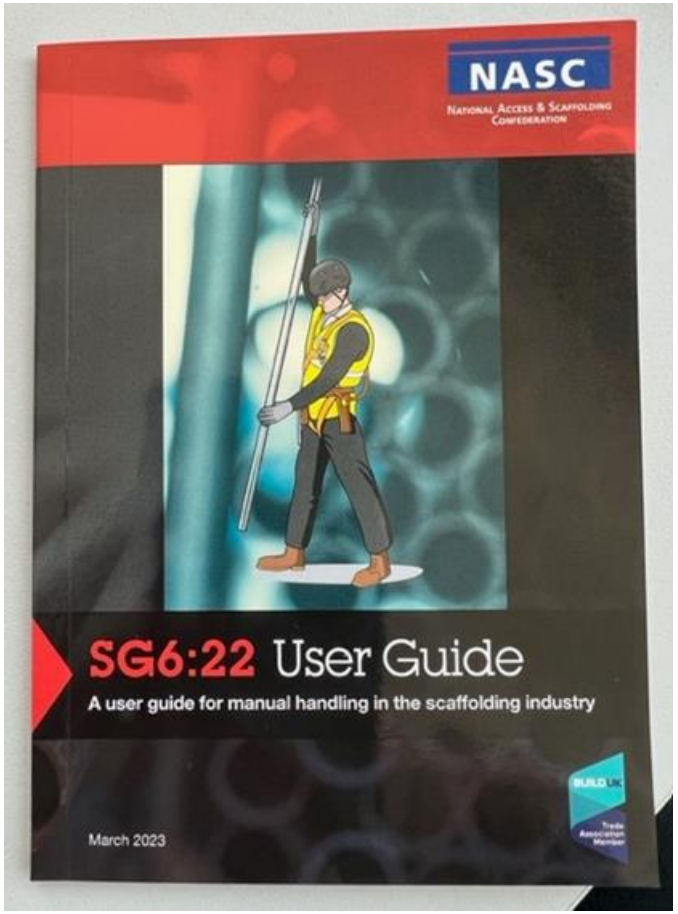
Guidance Document Information

NASC Guidance – SG6:22 A user guide to manual handling in the scaffolding industry

June 2023 (v1 06-23)

NASC SG6:22 manual handling user guidance information

(v1 06-23)



As with all NASC guidance updates are undertaken, usually every 5 years but this can vary. NASC SG6:22 has been updated in 2022.

Each year more than 25% of the NASC members reportable injuries (RIDDOR 2013) are in some way related to manual handling.

Analysis by the NASC shows that the majority of these are injuries occur the the upper body, shoulders arms, wrists, hands and fingers. With suitable assessment and control measures many of these could be avoided.

Whilst manual movement of materials cannot be eliminated wholesale within the scaffolding industry there are a number of steps and controls that can be implemented to reduce the number of manual handling related injuries.

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(v1 06-23)

The NASC have produced 3 parts to the SG6:22 manual handling within the scaffolding industry guidance these are;

- SG6:22 - Management of manual handling within the scaffolding industry.
- SG6:22 - User guidance booklet – which can be issued to operatives for guidance and reference
- SG6:22 - Training video

The NASC recommends that these are used in conjunction with manual handling assessments to manage and control and provide regular training to operatives within the industry to reduce the number of manual handling injuries taking place.

SG6:22

Management of Manual Handling in the Scaffolding Industry

NASC

National Access & Scaffolding Confederation

1. INTRODUCTION

More than a quarter of the injuries reported each year by NASC members to enforcing authorities are associated with manual handling and NASC analysis show that the majority of scaffold related manual handling injuries are sprains and strains to the upper body, shoulders, arms, wrists, hands and fingers.

Many scaffolders suffer long term effects from poor handling techniques or work-related upper limb disorders (WRULD's) through the repetitive nature of scaffolding operations. Scaffolding has been referred to as a 'young man's game', with many leaving the industry prematurely due to manual handling related injuries or ill health.

Therefore, manual handling is the most significant occupational health hazard faced by the scaffolding industry today. Very rarely do scaffolders reach retirement age still working on the spanner!

Scaffolders spend most of their time lifting and handling scaffolding materials under a variety of conditions. Manual handling is an inherent part of the scaffolding trade. The specialist skills and techniques used by scaffolders when handling heavy and often unwieldy materials are the basic enabling skills of the scaffolding industry.

In the average working day, a scaffolding gang can typically handle over 15 tonnes of materials. The average scaffolder, in their working life, could handle more than 150,000 tonnes of scaffolding materials, the equivalent of Cunard's cruise ship the Queen Mary II.

The nature of the job dictates that scaffolders must be mentally alert to the inherent dangers of a physically strenuous job.

Several factors in scaffolding can make manual handling tasks difficult. Scaffolders are often required to:

- support loads, often in awkward positions.
- move heavy and unwieldy materials.
- carry loads over rough, uneven ground or within buildings.
- carry out highly repetitive tasks.

Some items of scaffolding material are of such a weight that they require special handling techniques to prevent injury e.g. 6.4m (21ft) scaffold tube, 3.9m (13ft) scaffold board, a bag of loose fittings, long ladders or beams. Although scaffolders do require certain physical capabilities most of the more strenuous, awkward or unwieldy tasks rely more upon special techniques than pure strength.

The recommendations within this guidance note should help scaffolding operatives and their employers reduce the risk of injury and long-term health problems associated with manual handling in scaffolding.

NASC

1 of 16

March 2022

NASC SG6:22 manual handling user guidance information

(v1 06-23)

As with other NASC guidance documents these are based on legislative requirements and guidance documents such as;

- The Management of Health and Safety at Work Regulations 1999 – Requirement for employers to risk assess works and control significant risks.
- The Manual handling Operations Regulations 1992 (amended 2002) – Where manual handling cannot be avoided reduce risks of injuries to lowest level reasonably practicable.
- The Construction Design and Management Regulations 2015 – Sets out the requirement for what people involved in construction activities need to do to protect themselves and others.
- HSE Guidance L23 – Provides general guidance that should be followed relating to manual handling.


HSE

Health and Safety Executive

Manual handling

Manual Handling Operations Regulations 1992

Guidance on Regulations

This guidance aims to help employers comply with the Manual Handling Operations Regulations 1992, as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002.

It will help employers – and managers, safety representatives and employees – to control and reduce the risk of injury from manual handling.

The fourth edition has been simplified and restructured, with the regulations and guidance in Part 1 and more detailed guidance to assist in carrying out risk assessments and control risks in Parts 2–4. The risk filter which helps to identify those tasks that do not require a detailed assessment (formerly in Appendix 3 of the third edition) has been adapted so that HSE's assessment tools can be used as part of the risk assessment process. The full risk assessment checklists are now online.

Regulation 2 has been changed to reflect an amendment to section 3(2) of the Health and Safety at Work etc Act 1974 relating to the self-employed.

L23 (Fourth edition)
Published 2016

- **PART 1 Manual Handling Operations Regulations 1992: Legal duties** has blue tabs and includes the text of the Regulations and accompanying guidance.
- **PART 2 Carrying out a manual handling risk assessment** has red tabs and includes general guidance on how to carry out a manual handling risk assessment.
- **PART 3 Assessing and reducing manual handling risks** has green tabs and includes extra information on what to look for when making risk assessments of manual handling activities.
- **PART 4 Mechanical assistance and good handling technique** has orange tabs and includes examples of handling aids and advice on good handling technique.
- **APPENDIX How to choose the right level of detail for your manual handling risk assessments** has purple tabs and includes ways to help you choose how detailed your manual handling assessments should be.

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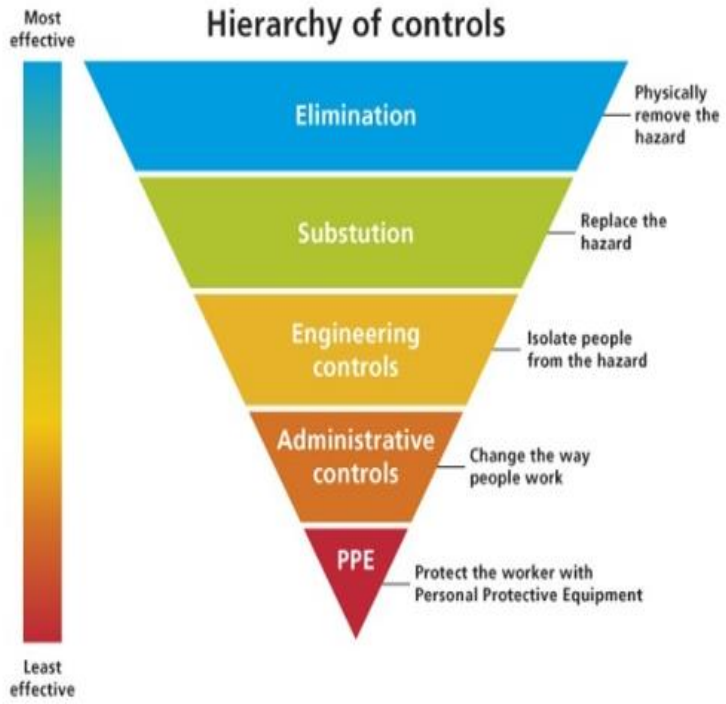

As with nearly all Health and safety assessments and subsequent controls they should be assessed through the hierarchy of controls, whilst manual handling cannot be totally eliminated within scaffolding, aspects and amounts certainly can such as the following *examples.*

Elimination - Use of mechanical aids to lift and position loads (without the need to handle)

Substitution – Replacing steel components for lighter aluminium ones.

Engineering Controls – The use of a hoist to lift materials to the working height/lift.

Administrative controls – Training personnel in correct lifting techniques such as SG6:22, although SG6:22 is based on the Hierarchy of controls.

PPE – As usual the last resort in controls, this could selection of suitable gloves for protection.

NASC SG6:22 manual handling user guidance information

(v1 06-23)

With the implementation of other controls brings other risks that need to be assessed and controlled and whilst SG6:22 refers to these, the specific guidance, controls and advice are discussed within other NASC guidance notes such as

SG9:21 - Use, and Maintenance of Lifting Equipment and Accessories for Lifting in Scaffolding

SG26:22 - Scaffolding and Hoists

SG30:17 - Management of Road Haulage for the scaffold contractor.

These guidance's can be obtained through the NASC

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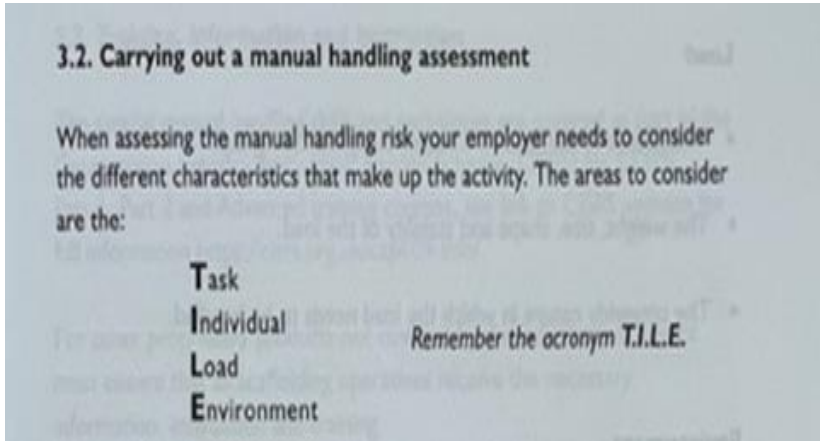

3.2. Carrying out a manual handling assessment

When assessing the manual handling risk your employer needs to consider the different characteristics that make up the activity. The areas to consider are the:

Task
Individual
Load
Environment

Remember the acronym ***T.I.L.E.***

With regards to the requirement for manual handling SG6:22 provides information and guidance on how to conduct a manual handling assessment within the scaffolding industry. This is aided by the acronym T.I.L.E

T – Task; What needs to be done and how frequently.

I – Individual; The capability of the individual/s involved.

L – Load; The nature, shape and weight of the load to be moved.

E – Environment; The surroundings and route of the works to take place.

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SG6:22; Gives practical and pictorial guidance for a variety of standard scaffolding operations that require manual handling to be used, as well as kinetic lifting for scaffolding components it includes such activities as

- multiple person lifting,
- use of rope and gin wheels to raise/lower materials
- Securing components for raising by rope
- Chaining of components hand to hand.
- Leverage of loads using scaffold components

Opposite – Extracts of SG6:22 Pictorial illustrations