# Trestles and Planks - Instructions for Use



#### **SAFETY FIRST**

If you are collecting the equipment for someone else please make sure this sheet is given to the equipment user to read. This sheet should be given to the site supervisor if the equipment is being hired for commercial use so that the information is available to all users. Before starting any job, be sure to spend a few minutes planning and understanding the hazards and risks of the activity and determining how you will control them to prevent injury or damage.

# **Required Safety Equipment**

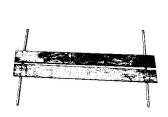


# **Pre-Checks and Safety**

Warning: Trestles and planks come under the scaffold legislation which states a scaffold is any temporary work platform to support workers and materials

- Anything over five metres may only be erected, altered or dismantled by a person who holds an appropriate "Certificate Of Competency" issued under the scaffold regulations in that type/class of scaffold
- Employers must have notified OSH if a fall of over five metres can occur from a work platform
- Your life is at stake. Before you use any trestles and planks, always check the foundation, access, etc
- Beware of overhead power lines (minimum of four metres clearance) and call your local electricity supplier if you need power turned off
- Beware of high wind conditions
- Do not adjust or move the structure with personnel or materials on it
- Always stay within the SWL (safe working load) at all times
- Timber planks of 3.0m in length should have a maximum span of 2.4m and a total evenly distributed SWL of 175kg, the concentrated load (in one position) is 90kg





### **Guidelines**

If the working platform (plank) is 3.0 metres or more above the ground then it is classified as a scaffold and it must then follow the following specifications:

#### **Foundation**

- Must be firm, rigid and not subject to settling
- Base plates are advised to be used if working on softer ground but should be at least 500mm long, 200mm wide and 38mm thick

#### **Access**

- Must be permanent or temporary stairs
- Ladder (4:1 pitch and secured)
- Walkways must be 675mm wide but maintaining 450mm clearance for non-proprietary scaffolds
- Never climb the scaffold structure and maintain good house-keeping at all times

#### **Platforms**

- Above 3.0m in height must have safety guardrails.
  Must be three planks wide or 675mm wide for non-proprietary scaffolds
- A working platform should be as close as practicable to the work face without inside guardrails
- Plank ends must be over hanging by 80mm –
  220mm
- All planks must be secured against uplift and horizontal displacement

# Guardrails

- Height must be 900mm 1100mm
- Toe boards must be a minimum of 225mm above the work platform, or be at least 150mm above the material stored on the platform
- Must have mid-rails midway between the platform and the guardrail at all times

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