



Materials Handling: Drywall

Workers who handle drywall sheets are at high risk of overexertion. The weight and bulkiness of drywall can intensify any bending, twisting, turning, or lifting motions and cause serious injury.

Sam's Story

Sam had worked as a drywall installer for 10 years. On his last job, he began to feel pain in his elbow after lifting and carrying a 10-foot section of drywall up 20 steps. Sam went to his doctor and was diagnosed with tendonitis.

✗ What caused this incident?

✗ How could this have been prevented?

✗ Have you ever been injured from lifting or handling drywall, or do you know someone who has? If so, what happened?

- **Always** use safe lifting practices such as lifting with leg muscles and avoiding twisting while carrying materials. Try out safe lifting practices through a free app “*Best Built Plans*” available at Amazon, App Store, or Google Play.
- Lift **only** one sheet at a time. **Never** try to lift materials weighing more than 50 pounds by yourself.
- Use two workers to lift larger, thicker, and heavier sheets. **Never** try to lift materials weighing more than 50 pounds by yourself.
- Use lifting tools and devices to move sheets instead of carrying them by hand.
- Use a vertical lift to position and hold the drywall so you can screw sheets to the ceiling more safely.
- Follow these steps for vertical hanging:
 1. Raise the sheet.
 2. Shift grip to opposite sides of the sheet.
 3. Rotate the sheet into a vertical position.
 4. Secure it to the wall.
- Plan your lifts; make sure the path is clear and you are facing the direction of travel before lifting.
- Keep materials and tools orderly and stored safely to prevent tripping and other safety hazards.

Remember This

- **Always** stage materials as close as possible to where they will be used.

How can we stay safe today?

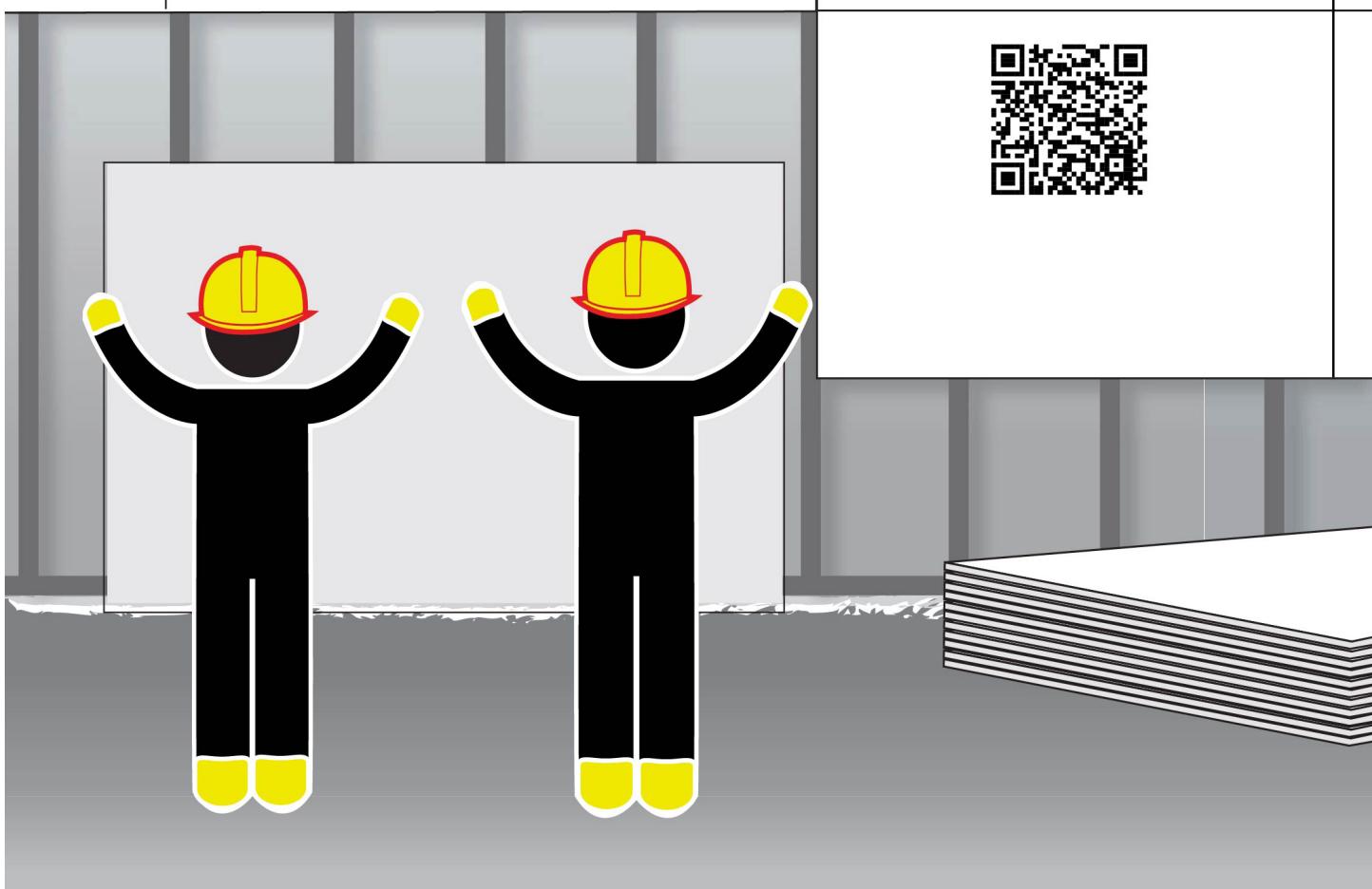
What will we do at the worksite to minimize risks from lifting and handling drywall?

OSHA General Duty Clause, Section 5(a)(1) of the OSH Act



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***Play the CPWR
Manual Material
Handling Games:***



- Lift **only** one sheet at a time. **Never** try to lift materials weighing more than 50 pounds by yourself.
- Use two workers to lift larger, thicker, and heavier sheets.
- Use a vertical lift to help hold the drywall so you can screw sheets to the ceiling more safely.
- Use lifting tools and devices to move sheets.

**GET
INFORMATION**

CDC/NIOSH INFO: 1-800-CDC-INFO (1-800-232-4636) | TTY: 1-800-232-6348 | cdc.gov/info | cdc.gov/niosh

CPWR: Contact 301-578-8500 | cpwr-r2p@cpwr.com | www.cpwr.com/toolbox-talks

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