

Construction – Preventing injuries when loading and unloading vehicles

What is the problem?

Workers on building sites frequently risk injury when loading and unloading vehicles with plant and equipment.

What are the risks?

Loading and unloading plant and equipment from vehicles increases the risk of shoulder, lower and upper back and knee injury.

Injuries can occur suddenly when lifting heavy objects, particularly in awkward postures. They also occur over time through wear and tear on joints and other body components.

Lifting irregular shaped or lop-sided loads can also be difficult. It increases the risk of musculoskeletal injuries when a team member must change their hand or foot position during the lifting task.

What is a solution to the problem?

Implement the following measures in the workplace:

- Use a mechanical lifting device, such as davit arms and tailgate lifter.
- Use ramps to load wheeled objects out of the tray.

Further Information

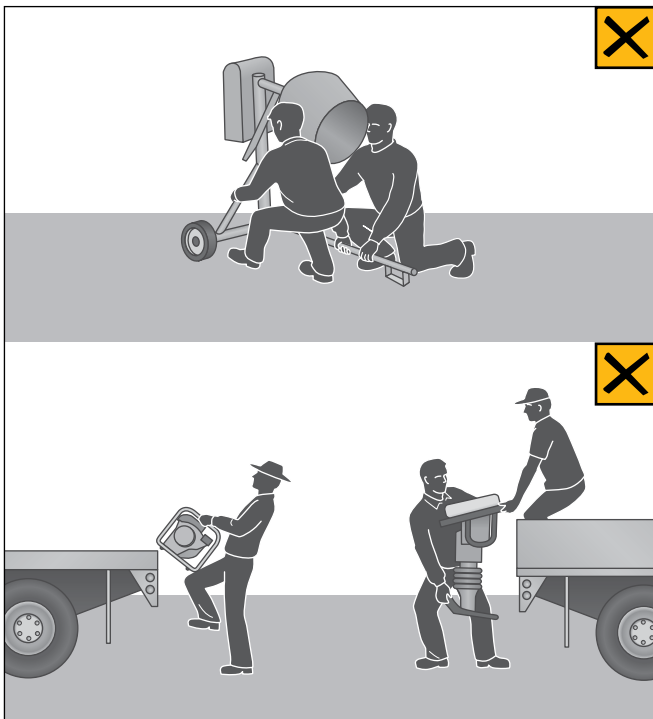
WorkSafe Advisory Service

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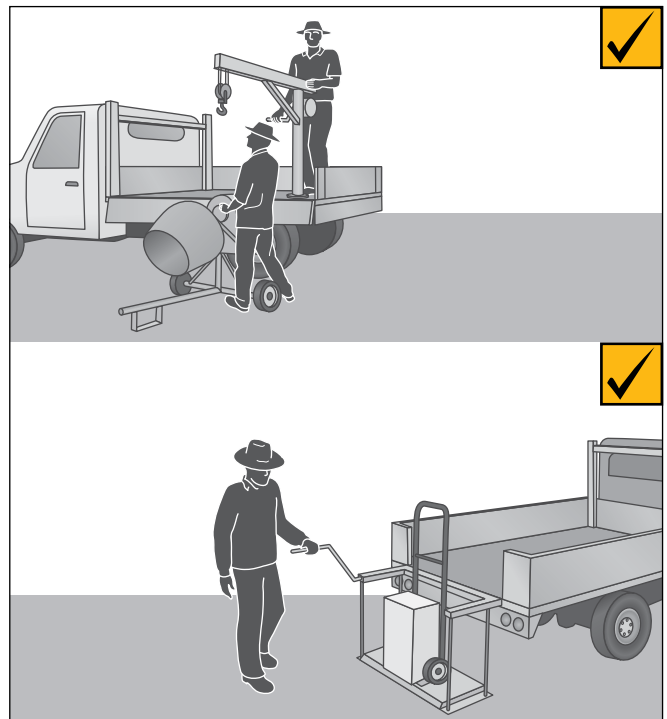
The problem



Workers manually loading and unloading heavy plant on their own or in a team.

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A solution



Workers using a mechanical lifting device (eg davit arm or tailgate lifters) to load and unload heavy and unbalanced loads.