PLAYING IT
SAFE

Be safe and healthy on the job at with these helpful tips provided by Cool Insuring Agency, Inc..

Drywall the Safe Way
Helpful hints to avoid workplace injuries

Drywallers play a crucial role in construction. Several everyday tasks that the job entails pose serious safety risks, and the fact that many of these activities are performed at substantial heights adds an additional element of danger.

To minimize your risk of injury on the job, consider the following safety precautions.

- Keep your body healthy and maintain good physical strength by exercising outside of work. This will help you lift materials and reduce your risk of injuries and strains.

- Consider working in pairs to more easily lift, position and control sheetrock.

- Use seam taping and sanding equipment with spring-assisted or powered systems when doing finishing work. These assist tools reduce the need for exerting excessive force.

- Rotate from one task to another to give your muscles a rest and to avoid repetitive motion injuries.

- Follow all ladder safety recommendations to prevent falls.

- Do not use lean-to or jack scaffolds, shore scaffolds, nailed brackets, loose tile, loose brick or loose blocks as working platforms. These surfaces and objects are not stable. Instead, use scaffolds that are at least 20 inches wide.

- Both gypsum dust and dry mixing joint compound dust released when cutting sheetrock can be irritating to the lungs and eyes. Wear safety glasses and respirators or dust masks to reduce your risk of exposure when doing tasks that create excessive dust.

- Exercise caution when working near interior wall wiring.

- Always ground powered nail guns, fasteners and drills to avoid electric shock.

Safety Comes First

Since drywalling tasks are performed at the end of construction projects, you may feel pressure to work quickly to meet deadlines. Above all else, safety should be your first concern; do not let a project timeline sway you into neglecting your health and well-being.

COOL
COOL INSURING AGENCY, INC.