



CONSTRUCTION SITE REGULATIONS

- On a construction site, some precautions must be taken to comply with the law.
1. The width of the working platform must be at least 600 mm (25 inches).
2. If all the risks have been assessed and it has been determined it is safe to work without toe boards and handrails, then there is no requirement.
3. Safety helmets must be worn on a construction site.
4. If left in position the scaffold structure must be inspected by a competent person every 7 days or after alterations have been made or if there is an unpleasant weather (wind).

WORKING ON A PLATFORM

- 1. Wear a helmet whenever working at height or near a raised platform. Safety helmets must always be worn on a construction site.
2. Check trestles and stagings or scaffold board to ensure the working platform is secure and safe each time it is used.
3. Do not exceed the safe working load (SWL) that is marked on the equipment.
4. Do not climb the trestles or scaffold to reach the platform. Always use a proper ladder.
5. At all times ensure that the only people who climb and use the working platform are those that are allowed to do so.
6. Keep the working platform clear and clean. Do not store materials or tools other than those required for immediate use.
7. Do not drop tools, materials or debris onto the working platform as this can damage scaffold boards and staging.
8. Care should be taken when pushing against the side of a structure from the working platform - this could push the platform over.
9. Toeboards and guardrails may be temporarily removed for movement of materials but these must be replaced before work commences.
10. When work is completed, clean the equipment before returning it to the hire company.
11. If more height or strength is required from the working platform, do not attempt to modify the equipment or improvise. Contact the hire company - they will recommend and provide a suitable solution.
12. If the equipment is faulty, do not attempt to repair it. Contact the hire company.

PLEASE KEEP THIS LEAFLET SAFELY AS IT MAY BE REQUIRED FOR FUTURE REFERENCE

Recommended board strength properties are:

Table with 4 columns: Board Thickness (mm), Target Span (m), An applied load acts only on an individual board kNm, An applied load spread uniformly* across a minimum of 4 boards kNm. Rows for 38mm, 38mm, and 63mm thicknesses.

*i.e. via a rigid building pack



Hire Association Europe
2450 Regents Court
The Crescent
Birmingham Business Park
Solithull B37 7YE

Telephone: 44 (0) 121 380 4600
Fax: 44 (0) 121 333 4109
Email: mail@hae.org.uk
website: www.hae.org.uk

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Trestles, Stagings and Scaffold Boards

Read this entire leaflet before using Trestles, Stagings and Scaffold Boards

- 1. Plan your work and think ahead to make sure you will always be working safely.
2. Working at height should only be done by people who have the necessary knowledge, skill and resources to do the job safely.
3. Under the Work at Height Regulations 2005 all Working at Height should be risk assessed, works properly planned and appropriately supervised.
4. Decorator's or painter's trestles are used with stagings to give a firm level working platform at various heights.
5. Trestles, stagings and boards can be awkward to move. Take care not to injure yourself - get help with stagings and long boards.
6. You must have at least the following items of personal protective equipment: hardhat; safety shoes or boots; gloves.
7. You may require a ladder for safe access to your working platform.
8. This equipment must not be used by minors, or anyone under the influence of drugs or alcohol.
9. This equipment is designed for erection and use by able bodied adults. Anyone with either temporary or permanent disability must seek expert advice before using it.



ASSEMBLERS AND USERS

- 1. Do not erect or use trestles, stagings or scaffold boards unless you are capable and confident of working at height.
2. The following items of personal protective equipment (ppe) are the minimum that should be worn whenever you use this equipment.
3. You should wear a helmet whenever you are working at height, or near a raised working platform.
4. Wear safety boots when erecting or dismantling the working platform.
5. Strong gloves will help to protect your hands.
6. Anybody who is working near to you will need to wear the same safety equipment.



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- 1. Stagings are made from timber or lightweight decking.
2. A properly supported staging can carry a load of 180kg in the centre - this is equivalent to two men working together.
3. The table on the right shows how many supporting trestles you will need for 38mm (1 1/2 in) scaffold boards.
4. 38mm boards should overhang the support by at least 50mm (2ins) - but no more than 150mm (6ins).
5. Stagings should be supported 600mm (2ft) equivalent to three men spaced apart.
6. Do not mix different sorts of trestle: you may find the supports are at different heights.

- 1. You must not work near overhead electric cables.
2. Check that the area is clear and safe, away from vehicle routes and doorways.
3. The ground must be solid and level.
4. Put up barriers with warning signs to keep people away from your platform.
5. Do not allow unauthorised persons, especially children, on or near your working area.
6. Open trestles fully - check that there is no obstruction in the hinge which would prevent them opening properly.

WORK AREA

SETTING UP YOUR WORKING PLATFORM

DECORATOR'S TRESTLES AND BUILDERS' TRESTLES AND SCAFFOLD BOARDS

Only use proper scaffold boards to form working platform: other planks are not strong enough. Scaffold boards are usually made of selected timber, banded with a strip of metal at each end to protect the end grain.

Diagrams and tables showing board spans and support requirements for 38mm, 50mm, and 63mm boards. Includes a table for 'Length of Board' and 'Supports needed'.

Scaffold boards - Sizes and spans

No.3 builders' trestles shown unextended

Before Starting Work...

- 1. Only the correct / specific Hand-Rail Systems and associated attachments must be used with Steel Trestles.
2. Open trestles fully - check that there is no obstruction in the hinge which would prevent them opening properly.
3. Do not use scaffold boards or stagings as barrow ramps or for anything other than working platforms.
4. Do not use stagings or scaffold boards as a work bench.

Useful Reference Points

www.hae.org.uk/businessguard

