

# “Formwork construction”

The important points for Safety and health

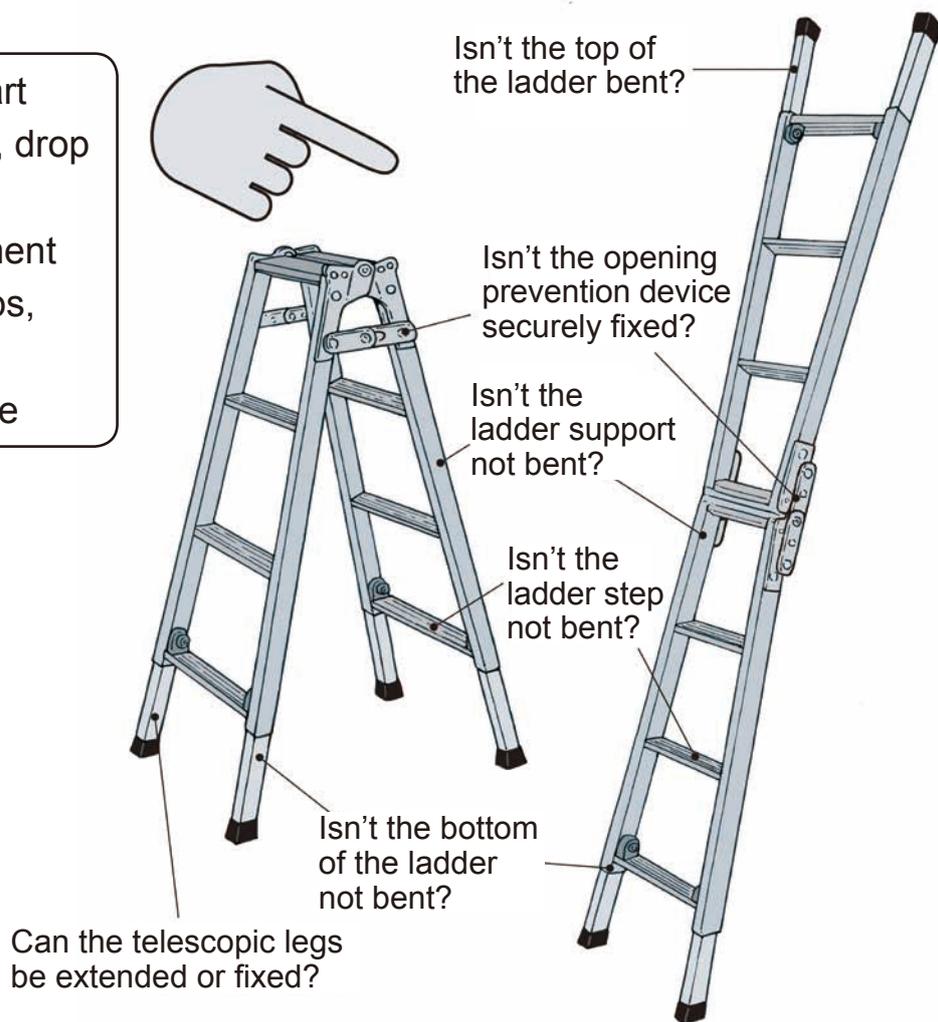
## Stepladder/Portable workbench

### (1) Stepladder/Portable workbench

#### [Stepladder]

Let's check each part

- screws, pin loose, drop out
- parts disengagement
- props, ladder steps, deformation of members, damage



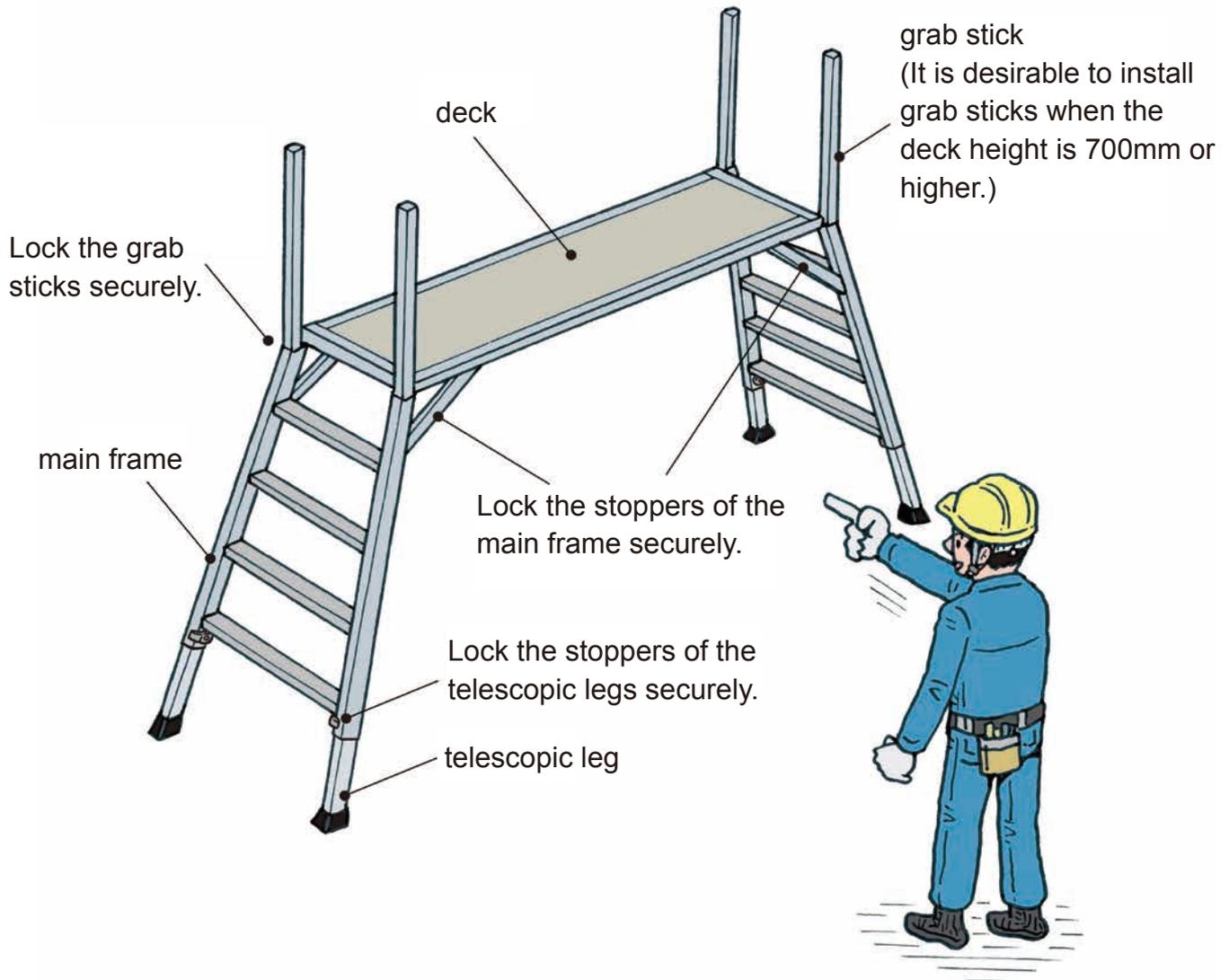
#### Matters to pay attention

1. Check the stoppers, leg anti-slips, and the telescopic fixing brackets, and do not use defective ones.
2. The stepladder should be installed in a horizontal and stable place.

## [Portable workbench]

Let's check each part

- Loose screws
- Parts disengagement
- Bending / cracking in parts



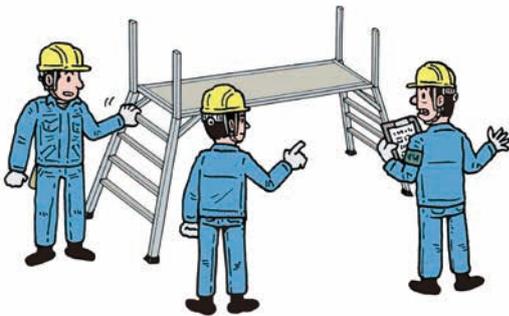
### Matters to pay attention

1. Check the stoppers, leg anti-slips, and the telescopic fixing brackets, and do not use defective ones.
2. The stepladder should be installed in a horizontal and stable place.

## (2) Precautions for safe use of portable workbench

### Eight safety rules for portable workbench

Carry out the start-up inspection properly.



Determine if the installation location is appropriate



Do not lift with tools or materials.



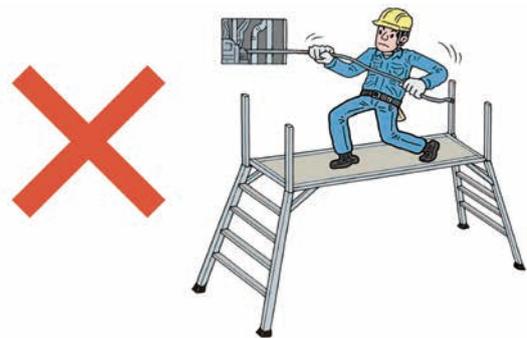
Do not get down with one's back to the workbench.



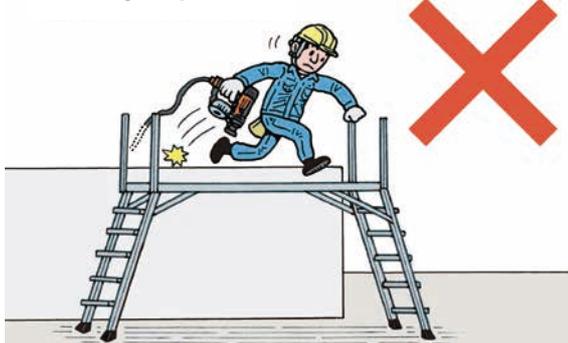
Do not work with leaning out of the workbench.



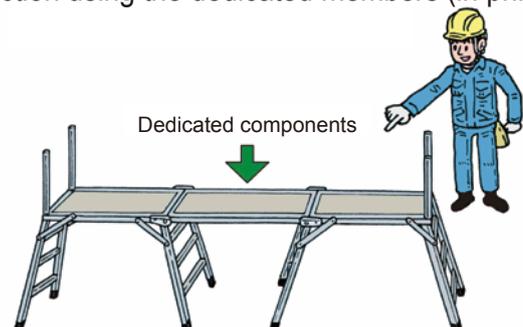
No counter-operation work



Do not jump from a bench to another.



Connection using the dedicated members (in principle)

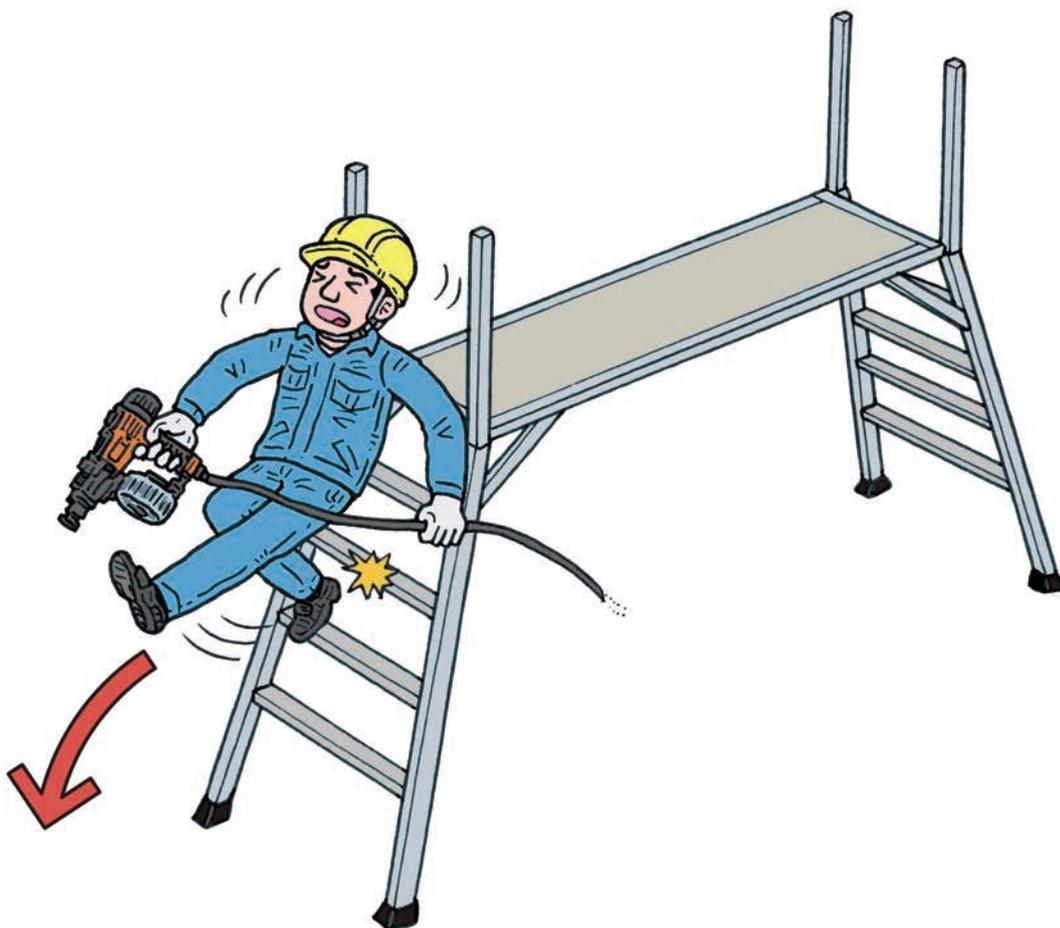


### (3) Examples of accident to pay attention

#### 1. Falling with one's back to a workbench

##### Occurrence situation

Turned one's back to the workbench holding a tool in one hand, slipped and fell.



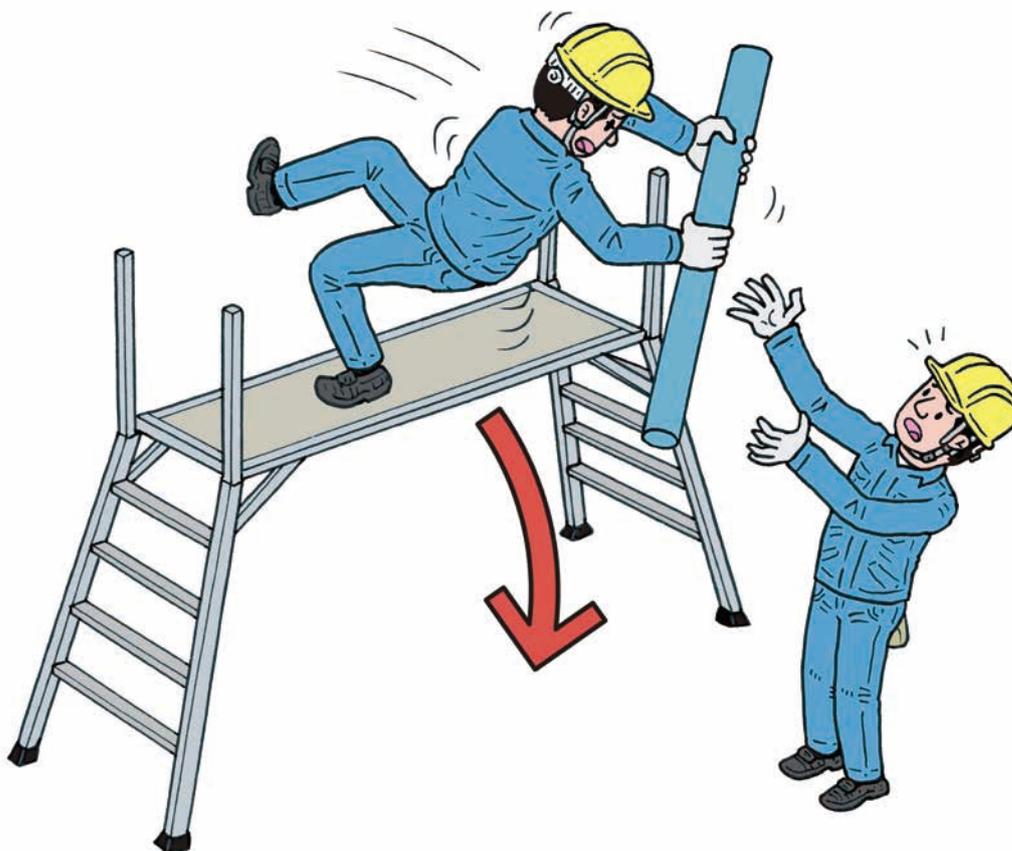
##### Matters to pay attention

1. Do not go up and down with an object in one's hand.
2. Do not go up and down with ones back to the workbench.
3. Go up and down with one's hands holding the grab sticks or the main frame.

## 2. Falling with an unreasonable posture

### Occurrence situation

On the portable workbench, during the painting process in the middle and lower back state, twisted the body and tried to pass the material to the worker who was on the side, and lost his balance and fell.



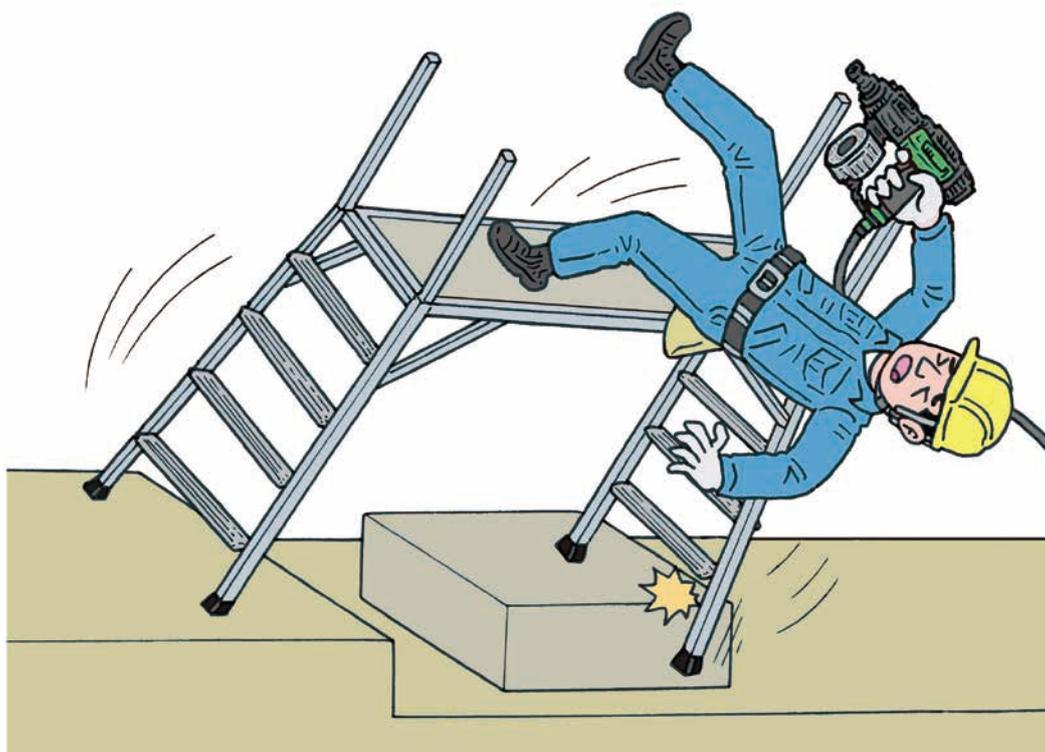
### Matters to pay attention

1. When handing over something, hand it facing directly at someone.
2. Do not work in an unreasonable posture.
3. Do not forcibly push or pull a wall or an object on the portable workbench.

### 3. Falling from a workbench installed in a place with level difference

#### Occurrence situation

When installing a portable workbench, place it on a 15cm height box on one leg to adjust the floor level difference. Later, when trying to get on the deck of the workbench, the balance was lost and the worker fell from the workbench.



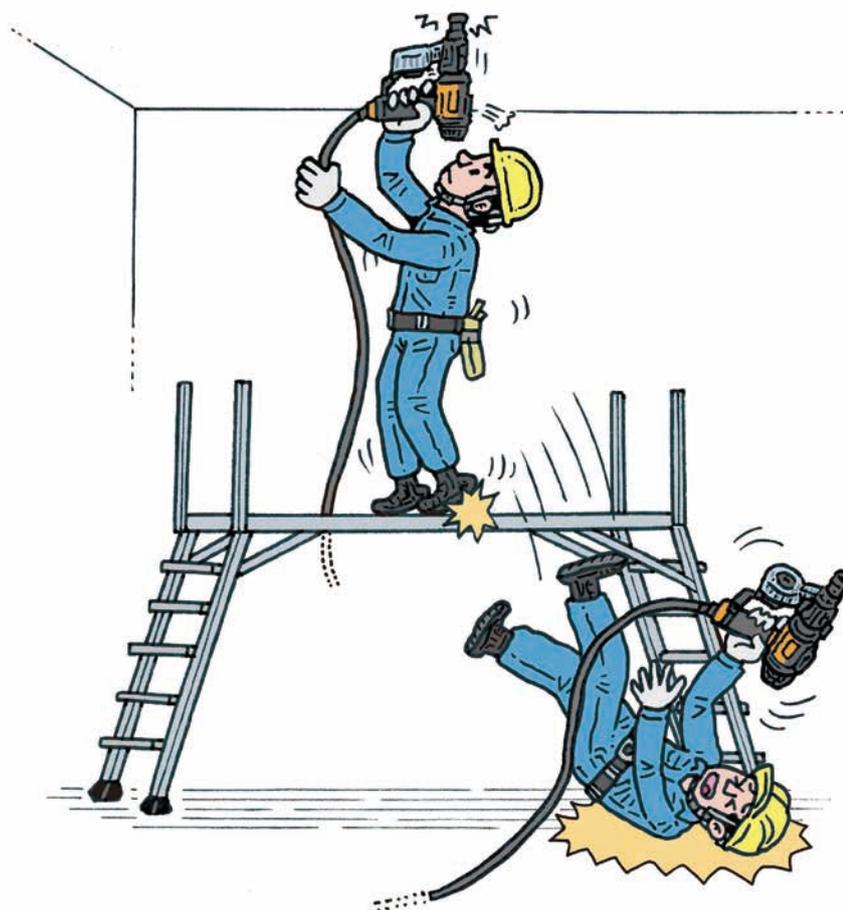
#### Matters to pay attention

1. Do not place the workbench on a base or a box for height adjustment.
2. Do not move the workbench with objects or people on the deck.

## 4. Fall by stepping off

### Occurrence situation

While working on the workbench indoors and to hit anchors on the ceiling, the worker fell from the workbench because the posture was unreasonable due to the ceiling was too high.



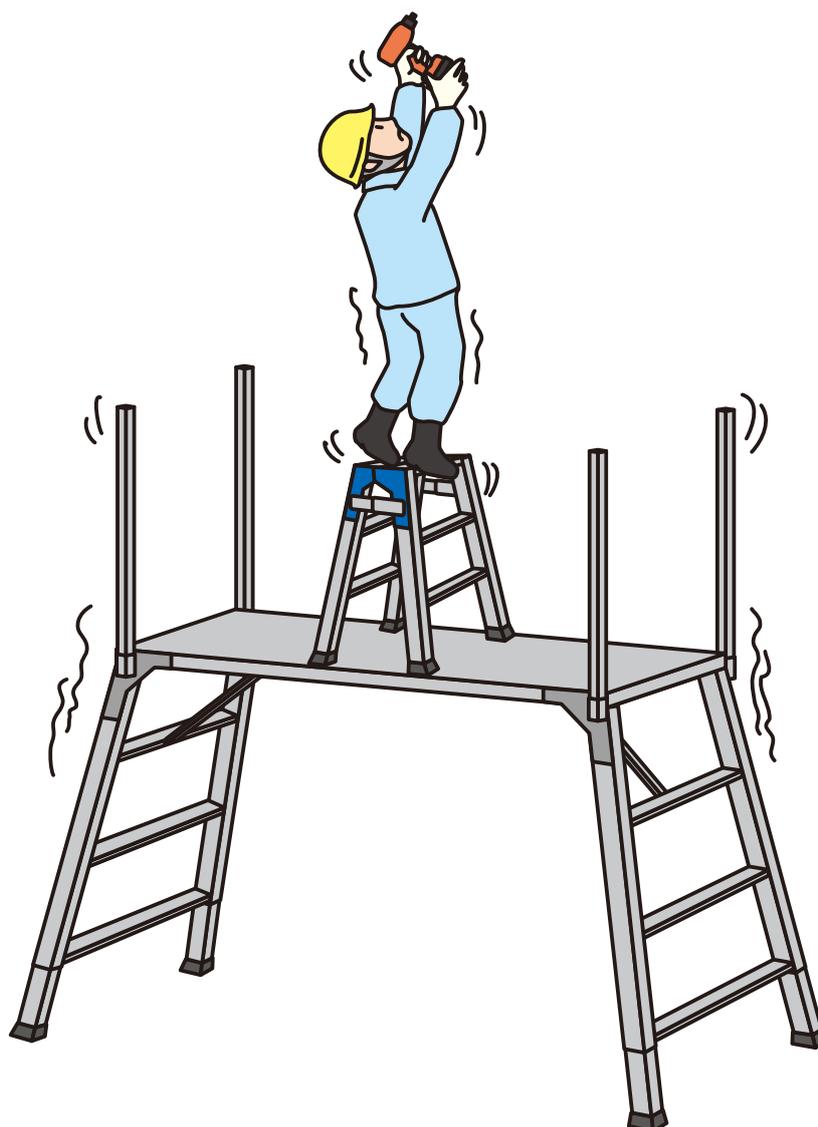
### Matters to pay attention

1. Always be careful of your step when working on the deck.
2. Use the workbench of appropriate height.
3. Two or more people should not work at the same time on the workbench.

## 5. Falling while placing a stepladder on the workbench

### Occurrence situation

Since the height of the workbench was insufficient, a stepladder was placed on the workbench, the worker fell causing out of balance.



### Matters to pay attention

1. Do not place a stepladder or a stool on the workbench.
2. Install the workbench of appropriate height.
3. Do not transfer from a workbench to another.