

# *Method Statement for using a wheelbarrow on a construction site*

*“To ensure that the wheelbarrow is used safely and efficiently.”*



## Introduction

ezTip® and iTip® Safety Handles provide Health and Safety Executive (HSE) compliance allowing for the first time a truthful, accurate legal Risk Assessment Method Statement (RAMS) for using a wheelbarrow.

This document has been developed as a guide. It should also be used alongside a Method Statement. For a full RAMS analysis contact the First Principles Group on 024 7688 0450.

## Scope of Work

This method statement covers the use of a wheelbarrow fitted with Safety Handles for transporting materials on site.

## Objectives

To ensure that the wheelbarrow is used safely and efficiently, without causing injury to the user or others, or damage to the equipment or materials.

## Equipment and Materials

The user of the wheelbarrow is responsible for following this method statement and reporting any problems or incidents to the supervisor. The supervisor is responsible for ensuring that the user is trained and competent to use the wheelbarrow and the Safety Handles, and that the equipment and materials are suitable and in good condition.

## Control Measures

The following control measures should be implemented to eliminate or reduce the risks:

- Before using the wheelbarrow fit Safety Handles. Check that they are in good working order, with no defects or damage. Report any problems to the supervisor and do not use a faulty wheelbarrow or handles.
- Wear appropriate personal protective equipment (PPE), such as gloves, boots, hi-vis vest, and helmet, depending on the task and site conditions.
- Load the wheelbarrow carefully, placing the load well forward, balanced, and confined in size. Do not overload or overfill the wheelbarrow. Ensure that you can see over and around the load.
- Lift the wheelbarrow with your legs, not your back. Keep your back straight and your arms slightly bent. Use both hands to grip the iTip Safety



Handles firmly. Rotate them as you walk, lift, and manoeuvre your barrow to keep your back and wrist straight.

- Push the wheelbarrow forward at a steady pace. Do not run or rush. Use the movement in Safety Handles to absorb unlevel surfaces. Avoid sudden turns or changes of direction.

- Keep an eye on your surroundings and watch out for any hazards or obstacles. Warn others out of your way. Cross over obstacles at a right angle. Use ramps or lifts if available.



ezTip Safety Handles being used on an oversized laden wheelbarrow.

- When tipping the load, use both hands to hold the Safety Handles. Make sure you are at a suitable location. Tip slowly and smoothly, keeping your

back and wrists straight, using the rotation provided by Safety Handles to protect you. Do not let go of Safety Handles until the load is fully tipped.

- Return the wheelbarrow to its upright position.
- The user empties the wheelbarrow completely and cleans it, if necessary, after use. Safety Handles are cleaned and lubricated with a silicon spray. They store it in a designated area where it does not pose a hazard or obstruction to others.

### Additional Control Measures

The following control measures are required or recommended:

- The user should avoid working in severe weather conditions, such as rain, ice, or snow, which may increase the risk of slips, trips, and falls.
- The user should avoid working in crowded areas where there may be more risk of collisions or impacts. If necessary, they should identify a quiet area with peers where they can work safely.
- The user should ensure that any areas where they work are well lit, free of debris and spills, and have adequate signage and barriers to warn others of their presence.
- The user should follow any site-specific rules or procedures regarding the use of wheelbarrows.

### Review Date

This risk assessment should be reviewed annually or whenever there is a significant change in the task, equipment, materials, or site conditions.

### Actions Taken

Any actions taken because of this risk assessment should be recorded here.





A [2 person Safety Handle set](#) reduces the chance of losing grip as well as back and wrist injury during “muck away” lifting requirements.

## Background

iTip Safety Handles are a UK invention designed to reduce musculoskeletal symptoms such as backache, when completing manual handling tasks. Although automation has reduced the need for human involvement in many tasks, there are still situations where it is more time/ cost effective to use traditional methods. Safety Handles have been independently evaluated by the Health and Safety Executive (HSE). The scientists summarised the effects as;

“The measured reductions in the wrist angles will, in the long term, decrease the risk of musculoskeletal symptoms and disorders developing in the wrist”

For the report click here > [Safety Handles Health and Safety](#). There is an additional report at the same location showing how they have been independently tests for strength. Safety Handles are rated and exceed the HSE's guidance.

Since being introduced to the health and safety industry, Practitioners have found additional benefits from Safety Handles including being used on cement mixers and roll cages. The HSE have a roll cage with iRoll Safety Handles at their Buxton Laboratories, to demonstrate safety innovation. In fact, the Innovation Society awarded them the Best International Invention of the Year. They have also won awards such as Product of the Year, Best New Tool, and Best of British. The Highways industry have marked them “Highly Commended”.



ezTip & iTip Safety Handles designed to reduce manual handling injuries.

### Sustainability

A key parameter for innovation is to make the product as sustainable as possible. To this end Safety Handles readily breakdown in the correct compostable conditions. They are manufactured in Slough, the UK, to reduce their carbon footprint. The nature of manual handling also reduces the need for carbon producing powered equipment to move loads.

### Availability

Safety Handles are currently available from [www.SafetyHandles.co.uk](http://www.SafetyHandles.co.uk) . They are supplied individually and in bulk trade packs of various multiples. Please contact



us on 0333 800 5000 for an account. The commercial variant is provided in high visibility colours to enhance the safety capability. Individual high visibility commercial sets of iTip or ezTip Handles are available at £25 (+VAT). The 2Tip is available at £50 (+VAT). For exports, please call Paul on 0333 800 5000.

## Summary

Safety Handles are an inexpensive control measure designed to improve safety and comfort.

“Safety Handles are an easy way to show we care about the welfare of our team”

Ross Bullerwell Managing Director of North Yorkshire Highways

For details contact [Hello@SafetyHandles.co.uk](mailto>Hello@SafetyHandles.co.uk) ring 0333 800 5000 or visit [www.SafetyHandles.co.uk](http://www.SafetyHandles.co.uk).

