

**Handling Construction Material (drywall, gyproc)****For Overhead Tasks:**

- Wear the appropriate personal protective equipment (e.g., eye protection, safety shoes)
- Ensure the pathway is clear of obstacles
- Keep your body aligned (ears over shoulders; shoulders over hips)
- Use a safe and effective grip
- Use a stable base; keep one foot slightly ahead of the other for balance
- Lift by using your strong leg muscles
- Do not twist your body; always work in front of your body
- Take frequent mini-breaks to slowly lower your chin to your chest, gently stretching out your neck muscles – if your head is leaning backward for too long, you could get dizzy or even black out
- Only lift the board when you are sure you can manage it safely – if it is unsafe, stop the task and ask for assistance
- Use appropriate platforms where necessary
- Use team lifting where appropriate
- Use equipment such as panel rollers and lifters to minimize manual effort
- Communicate what went well, what needs to change to make the task safer



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**Safety Talk Discussion**

**Be Accountable: Choose safety - work safe - and go home injury free!**