



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). At least three standard scaffold boards side by side will be required to achieve this, or at least two standard (450mm) stagings. Some stagings are now available in a 600 mm width.
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. **The definition of working at height is working in any place where, if precautions were not taken, a person could fall a distance liable to cause personal injury.**
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 inclement 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. Do not overload the trestles or working platform.
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:

Board Thickness	Target Span	Moment of resistance of a single board where:	
		An applied load acts only on an individual board kNm	An applied load spread uniformly* across a minimum of 4 boards kNm
38	1.2	0.50	0.61
38	1.5	0.65	0.81
63	2.5	1.25	1.48

*i.e. via a rigid building pack

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. In addition the regulations impose duties relating to the selection of work equipment. (See WHR regulation 7).
4. Decorator's or painter's trestles are used with stagings to give a firm level working platform at various heights. Steel adjustable builder's trestles can be used with scaffold boards or stagings to give a safe working platform at various heights. Stagings and scaffold boards can also be used to form working or access platforms on scaffolds. Do not use this equipment for any other purposes. Carelessness or misuse could cause a serious or fatal accident.
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. Particular jobs or environments may require a higher level or protection.
3. You should wear a helmet whenever you are working at height, or near a raised working platform. On a construction site you must wear a helmet at all times.
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.



WORK AREA

1. You must not work near overhead electric cables. Beware of other cables or projections.
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. Do not allow them to climb ladders or scaffolding.

SETTING UP YOUR WORKING PLATFORM

1. Check all your equipment before assembling or using it. If anything is found damaged - contact the hire company.
2. Follow your risk assessment, work plan and supervision. This will determine as to whether toe boards and handrails are required to be fitted. Before starting work make sure you understand how to erect and use the equipment safely.

DECORATOR'S TRESTLES AND STAGINGS

1. Stagings are made from timber or lightweight, alloy sides with a timber or composite decking.
2. A properly supported staging can carry a load of 180kg in the centre – this is equivalent to two men working together. If the load is evenly spaced along its length a properly supported staging can carry 270kg - this is equivalent to three men spaced apart.
3. Stagings should be supported 600mm (2ft) from either end.
4. Do not mix different sorts of trestle: you may find the supports are at different heights.

Before Starting Work...



5. Only the correct / specific Hand-Rail Systems and associated attachments must be used with Steel Trestles.
6. Open trestles fully - check that there is no obstruction in the hinge which would prevent them opening properly.

Do not use scaffold boards or stagings as barrow ramps or for anything other than working platforms. This would cause damage which could prove dangerous.

Do not use stagings or scaffold boards as a work bench.

BUILDER'S TRESTLES AND SCAFFOLD BOARDS

1. Only use proper scaffold boards to form working platforms: 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.
2. All boards should be of the same thickness, to ensure an even surface. They should also be the same length.
3. The table on the right shows how many supporting trestles you will need for 38mm (1½ in) scaffold boards.
4. 38mm boards should overhang the support by at least 50mm (2ins) – but no more than 150mm (6ins).

5. If you are using boards thicker than 38mm (1½ in), use the illustration on the right to find out the maximum distance between the supports, and the amount of allowable overhand.
6. Do not mix different sorts of trestle: you may find it difficult to adjust them all to the same height.
7. Make sure that pins or locks on adjustable builder's trestles are securely in position.
8. If boards shorter than 3.9m are used they must be tied or secured to prevent movement.
9. The width of your working platform should be at least 900mm (36ins). You will need four standard scaffold boards side by side for this. Gaps between boards should be as small as possible.

38mm (1½in) Length of Board	Scaffold Boards Supports needed
2.4m 8ft	3
3.1m 10ft	3
3.7m 12ft	4
4.3m 14ft	4
4.9m 16ft	5

Scaffold boards – Sizes and spans

No.3 builders' trestles shown unextended

38mm (1½ins) boards



Distance between supports – no more than: 1.5m (5ft)
Overhand: 50mm-150mm (2 ins – 6 ins)

50mm (2ins) boards



Distance between supports – no more than: 2.6 m (8ft 6ins)
Overhand: 50mm – 200mm (2 ins – 8 ins)

63mm (2½ ins) boards



Distance between supports – no more than: 3.25m (10ft 6ins)
Overhand: 50mm – 250mm (2 ins – 10 ins)