



SCAFFOLDING
RISK ALERT

OVERHEAD WORK SCAFFOLDING

WORKING OVERHEAD IS KNOWN TO LEAD TO SPRAINS AND STRAINS.
HERE'S HOW YOU CAN PROTECT YOURSELF.

**WORK
SHOULD NOT
HURT.**

SARNZ
SCAFFOLDING, ACCESS & RIGGING NEW ZEALAND INC

IDEAL WORKING SCENARIO



Eliminate overhead work when possible.



60 DEGREES IS KEY



Keep the angle between upper arm and torso below 60°.



OVERHEAD BEST CASE



If you need to work overhead, design the work to reduce your risk of injury.



DISTANCE FROM BODY



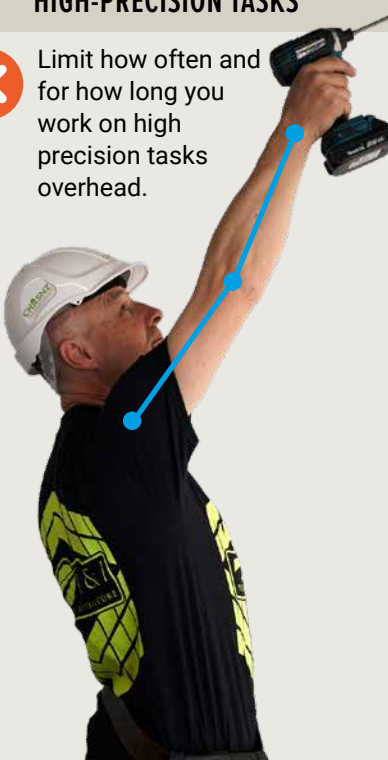
Avoid reaching far away from your body.



HIGH-PRECISION TASKS



Limit how often and for how long you work on high precision tasks overhead.



DIRECTION OF FORCE



Push straight up or pull straight down.





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PROLONGED TIME



Take a one minute break after 10 minutes of overhead work.

01:00



10:00



WORKING RANGE

Try and stick to keeping your upper arm-torso angle below 60°. If you have to reach higher, work in short bouts in the yellow and orange zones (above 60°).



TIPS FOR WORKING OVERHEAD:

- Don't lift your arm above 90° for more than 10% of an entire work day. Remember 60° is key.
- Change up how you work or move to reduce the time you spend working overhead.
- Perform work close to your body to avoid reaching.
- Ensure your arm is free to rotate.
- Push straight up or pull straight down when applying force overhead.
- Use lightweight tools to reduce the strain on your shoulders.
- Take rest breaks to give your body time to recover.

LEGEND



GREEN – No action needed if the posture isn't held for a long time or repeated too often and if aren't any signs of pain or discomfort. Keep checking in with how your body feels, especially if you've changed workplaces or the way you do things.



YELLOW – Something needs to change soon or immediately if you feel pain or discomfort.



ORANGE – Something needs to change immediately.

