



SWP - 04

HISTORY WITH A FUTURE

Protective Equipment		Stages Action - Brief description of what to do in the right order	Hazards Applicable to each stage	Key Points How to do it - identify equipment, safety, quality and performance requirements	Protective Equipment Required
1		MAINTENANCE CHECKS (BEFORE USE).	STRAINS CUTS ABRASIONS	Check that crowbar is sharp. Check that there is no cracking or damage. Check that the head is not damaged or 'mushroomed'. Check that there are no burrs and that the bar is clean. Note: Any faults, attach "Out of Service Tag" and report it to Infrastructure Manager.	2 3 11 12
2		USING CROWBAR	STRAINS CUTS ABRASIONS EYE DAMAGE IMPACT WITH BODY JARRING TO HANDS JARRING TO ARMS	Conduct Work Safe Check. Warm body by performing warm up and stretching exercises. When using for prolonged time periods, or awkward positions have frequent rest breaks or rotate workers. The crowbar is generally held vertically with the sharp edge down, and grasped with both hands wherever it is felt most comfortable by the operator. It is then raised slightly and then driven down with as much effort as can be comfortably given. When it is necessary to use the crowbar as a lever, ensure bar is adequately positioned with a good grip. The crowbar can also be inverted to use as a tamper around posts. When striking hard objects such as concrete or bitumen, there is the chance of fragments flying up and hitting the operator and / or others in the vicinity, in the eye, etc. Warning should be given to any bystanders in the vicinity. When using the Crowbar on a hot day stand the bar up when not in use as this will stop it becoming too hot to handle. Note: Any faults, attach "Out of Service Tag" and report it to Infrastructure Manager.	1 2 3 11 12
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11					
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Authorizing Officer _____ Sign _____ Date _____ Review Date 19/032018