



SWP - 09

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	TYPES OF HAMMERS		4.54 kg (10 lb) Hammer or 6.4 kg (14 lb) Hammer	
2	MAINTENANCE CHECKS (BEFORE USE)	STRAINS CUTS ABRASIONS	Check that the head of the hammer is not to be mushroomed or fractured. Check that the head and handle should fit tightly together and is not splintered or cracked. Check that the handle is not to be splintered or cracked. Note: Any faults, attach "Out of Service Tag" and report it to Infrastructure Manager.	2 3 11 12
3	USING HAMMER	STRAINS CUTS ABRASIONS EYE INJURY	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. Hold handle of the hammer with both hands, one near the end of the handle and the other near the hammer head. Holding the hammer firmly, swing it either downward or sideways in a comfortable manner. The hand at the hammer head should slide automatically along the shaft during the swinging motion. Warning should be given to any bystanders in the vicinity. For workers who are likely to strike themselves in the legs with handle of hammer, modify length of handle to suit. Note: Any faults, attach "Out of Service Tag" and report it to Infrastructure Manager.	1 2 3 11 12
11	AFTER USE CARE		Once task has been completed store in safe and secure location.	

Authorizing Officer _____ Sign _____ Date _____ Review Date 19/03/2018