Manual lifting and handling

When installing British Gypsum products and systems care should be taken to ensure that appropriate methods of handling and lifting are adopted. The following guidance details safe systems of work for manual handling and lifting of products.

Personal Protection Equipment (PPE)

- Always wear Personal Protection Equipment (PPE) as directed on site.
- Hard hat and safety shoes are required at all times.
- Keep hands warm and dry - dressing warmly in cold weather helps stay warm.
- Wear gloves and change them if they get wet.
- Always wear gloves when handling, carrying, cutting or fixing metal.
- Wear safety glasses and dust mask when handling, mixing or applying plaster, finishing ceilings or sanding.
- Wear safety glasses when snipping metal pieces, such as corner beads, trims, and wire mesh.
- Do not continue to work if safety glasses become fogged due to condensation. Stop work and clean the glasses until the lenses are clear and de-fogged.

Loading and unloading pallets

PPE: Hard hat, hi-vis and safety shoes required.

- Always place one foot forward by operating from the corner of the pallet or placing one foot on the pallet, taking care to ensure that the pallet does not tip in the process.
- Unlock the knees for low level work.
- Take a firm grip of the load with both hands.
- Lift using the legs to start the movement.
- Turn by moving the feet.
- Always keep the load close when carrying.
- Do not lift with feet in line or with load in front of the front foot.

Picking from mid level

PPE: Hard hat, hi-vis and safety shoes required.

- Place one foot forward.
- Take a firm grip of the load.
- Pull the load to a point of pivot (using the legs if necessary).
- Pivot against the stack.
- Keep the load close.
- Do not twist.
- Do not pick with feet in line.

Handling buckets

PPE: Hard hat, gloves, hi-vis and safety shoes required.

- Always place one foot alongside the bucket before lifting, or pivot the bucket towards you before lifting.
- Take a firm grip with both hands.
- If heavy, you may need to tilt and take a grip of the base and the top of the bucket.
- Start the lift with the legs.
- Unlock the knees for low level work.
- Always turn by moving the feet.
- If taking two buckets, always carry in a balanced manner.
- Only handle what you can manage.
- Do not carry heavy objects on one side.
- Do not twist.

Handling lengths of metal

PPE: Gloves, hard hat, hi-vis and safety shoes required.

- Always approach the lengths of metal from one end.
- Place one foot forward.
- Unlock the knees for low level work.
- Take a firm grip.
- Lift using the legs to start the movement.
- Do not pick from the middle of the stack.

EITHER

- Work your way to the middle.
- Pivot the stack and carry in a balanced manner.

OR

- Place over the shoulder.
- Work your way to the middle (point of balance).
- Unlock the knees to rest the stack against the shoulder.
- Allow the stack to pivot against the shoulder as you stand up.
- Only carry over the shoulder if you can remain upright.
- Be aware of your surroundings when carrying lengths of metal in this way.
- Do not lean.

If removing from racks

PPE: Gloves, hard hat, hi-vis and safety shoes required.

- Place one foot forward.
- Drive with the legs to bring the load to one end.
- Carry in a balanced manner.
- Always communicate during the lifts and carrying.

Handling boards

PPE: Hard hat, gloves, hi-vis and safety shoes required.

One person operation

- Pull the board in towards yourself.
- Unlock the knees for low level work.
- Lift by using the legs.
- Carry the board in a balanced manner (for large boards, you can support the board on the top of the chest / shoulder).
- Only lift what you feel you can manage.
- If necessary, seek assistance.

Two person operation

- Operate from the corners of the stack.
- Unlock the knees for low level work.
- Lift board together to vertical position.
- Only lift what you feel you can manage.
- Carry in a balanced manner across the body.
- If walking backwards, ensure it is over the shortest possible distance and clear the route beforehand.
- Do not carry heavy objects on one side.

Carrying board up / down stairs

PPE: Hard hat, gloves, hi-vis and safety shoes required.

Two person operation

- Whether going up or down stairs, place one foot forward then bring both feet together on each step.
- Keep the boards in a balanced manner.
- Place both feet on each step before moving off to improve control and balance throughout the lift.
- Work together and in time.
- Stop wherever necessary (if steps are in poor order, or have a deeper drop, you may need to place the load down first).
- Only lift what you feel you can manage.

Lifting plasterboards into place (including ceilings)

PPE: Eye protection, hard hat, gloves, hi-vis and safety shoes required.

Two person operation

- Communicate and work together.
- Take a firm grip of the board in both hands.
- Unlock the knees to place board into position.
- Always work in front of the body.

Fixing ceilings

PPE: Eye protection, hard hat, gloves, hi-vis and safety shoes required.

- Always work in a balanced position.
- Operate with one foot forward.
- Keep the body upright.
- Always use appropriate platforms where necessary.
- Do not over-reach.

Mixing of bagged products

PPE: Mask, eye protection, hard hat, gloves, hi-vis and safety shoes required.

Emptying bags into a mixer

- Always place one foot down by the side of the mixing container.
- Unlock the knees if necessary.
- Do not empty bags with feet in line.

When mixing

- Keep the foot to the side of the mixing container.
- Unlock the knees if necessary.
- Maintain a balanced position.
- Do not work with feet in line.

Good practice detailing

Acoustic performance

- Consider the layout and structure of the building at the design stage to separate quiet and noisy areas.
- Control sound paths around walls and floors to reduce flanking sound transmission (sound which travels through the less obvious dividing barriers in the surrounding structure).
- Apply Gyproc Soundcoat Plus to blockwork, particularly on separating walls, to reduce air leakage and increase the acoustic and thermal insulation.
- Position plasterboard so the gap occurs between the bottom edge and the floor, then seal with a filler before installing the skirting board.
- Seal the base of the wall / drylining and ensure there are no gaps in masonry walls.
- Tape and fill or skim plaster the plasterboard joints to increase airtightness.
- Seal joints around any penetrations (such as services) and junctions with Gyproc Sealant to avoid air leakage.
- Avoid back-to-back sockets and keep any penetrations in the wall lining to a minimum.

Thermal performance

- Apply Gyproc Soundcoat Plus to blockwork, particularly on separating walls to reduce air leakage and increase the acoustic and thermal insulation.
- Consider using Gyproc ThermaLine laminates on external walls to improve its thermal performance.
- 27mm Gyproc ThermaLine PLUS is ideal for use around window reveals and other areas where space is tight to improve the base level of insulation.
- Thermal laminates with a vapour control layer can help prevent the occurrence of condensation within walls / roof constructions.
- Tape and fill or skim plaster the plasterboard joints to increase airtightness.
- Seal joints around any penetrations (such as services) and junctions with Gyproc Sealant to avoid air leakage.

Fire resistance

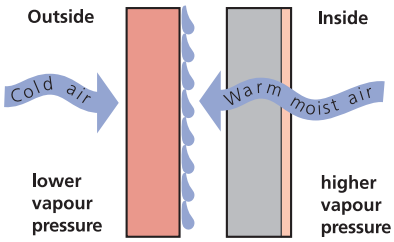
- British Gypsum construction guidance should be closely followed as any deviations could reduce the fire performance of the system.
- Plasterboards must be fully screw-fixed to framing supports.
- Cut plasterboards to a neat fit avoiding any gaps. Where gaps do occur they must be backed by a framing member and filled with either jointing materials or skim plaster.
- Tape and fill or skim plaster the plasterboard joints to achieve fire performance.
- Fire-stop junctions, joints, penetrations, etc, to maintain fire performance.
- Avoid back-to-back sockets and keep any penetrations in the wall lining to a minimum.

Moisture resistance

- Where plasterboards are to be fitted in rooms that will generate moisture, for example kitchens and bathrooms, care should be taken to ensure extra protection is given to walls.
- Using plasterboard with moisture resistant properties, such as Gyproc Moisture Resistant, Gyproc SoundBloc MR or Gyproc FireLine MR, will provide additional resistance in moisture laden areas.
- Two coats of Gyproc Drywall Sealer applied to any Gyproc plasterboard will provide a surface water absorption resistance similar to moisture resistant boards.
- Gyproc plasterboards can be tiled using tiles up to 12.5mm thick and with a maximum weight of 32kg/m^2 (including weight of grout and adhesive). They should be fixed with a suitable thin-bed tile adhesive up to 3mm thick.

Vapour control

- Where moisture laden air is prevalent in rooms, it can travel through the construction and cause condensation within the construction or roof space. Installing a layer of Gyproc WallBoard DUPLEX will reduce the level of water vapour transferring through the construction.
- Two coats of Gyproc Drywall Sealer applied to any Gyproc plasterboard will provide additional vapour control.



Water damage

Plaster subjected to water damage

When Thistle plaster applications have been subjected to water, the plaster should be removed and replaced with an appropriate new Thistle plaster to maintain the original performance of the wall / ceiling.

Where mould growth is present, professional advice should be sought before any remedial treatment is carried out to reduce the likelyhood of it happening again. In addition, any potential salt migration from the background should be treated before re-plastering.

In some instances where only the finish coat plaster has been affected, it may be satisfactory to re-finish as necessary using a Thistle finish coat plaster. However, such areas could still develop stains, salt or mould growth at a later stage and may require further remedial treatment in the future.

If in doubt remove any water damaged plaster and replace once the background has dried.

Plasterboard subjected to water damage

For Gyproc plasterboards that have been subjected to water, other than moisture resistant grades, the boards should be removed and replaced with an equivalent Gyproc plasterboard to maintain the original performance of the wall / ceiling.

This is particularly true where plasterboards can be seen to be bowed, suffering from mould growth or where paper delamination has occurred.

In other instances such as surface wetting, water stains or mould could still develop, even if the surface appeared to dry out relatively quickly, therefore remedial action may still be required to be taken.

Where any type of Gyproc plasterboard, including moisture resistant grades, may have been exposed to contaminates in the water or where mould growth is present, professional advice should be obtained before proceeding further.

Cavities

Constructions forming a cavity, for example a stud wall or suspended ceiling, should also be inspected. Whilst most British Gypsum metal components and accessories are galvanised to British Standards, consideration should be given to the possibility of rusting where items have been cut or penetrated – only normally relevant if a prolonged period of exposure has occurred.

Isover insulation has water repellent qualities and provided that the insulation has kept its form the performance should not be affected.

Care should be taken to remove any remaining water from within the ceiling or wall, channels and insulation, and they all should be allowed to fully dry out prior to re-boarding. Also consider whether surfaces have been exposed to contaminates in the water and whether they should be replaced to prevent mould growth occurring in the future which may require remedial action.

SpecSure®

Unique to British Gypsum, the **SpecSure®** lifetime system warranty is designed to give you total confidence that the systems you have chosen will meet the most rigorous of building requirements.

All of our systems are developed using the highest quality components designed to work together, and are specially developed to give you a lifetime of confidence.

SpecSure® is more than just a performance warranty. It means that the British Gypsum systems you choose:

- Have a guaranteed lifetime performance.
- Have the technical expertise and experience of the UK's leading drywall specialists behind it.
- Have been tested in UKAS-accredited fire, acoustic and structural test laboratories.
- Have been site tested to demonstrate installation integrity and simplicity.
- Will perform to published parameters throughout the life of each system.
- Will be repaired or replaced by British Gypsum in the unlikely event of system failure attributed to unsatisfactory product / system performance.