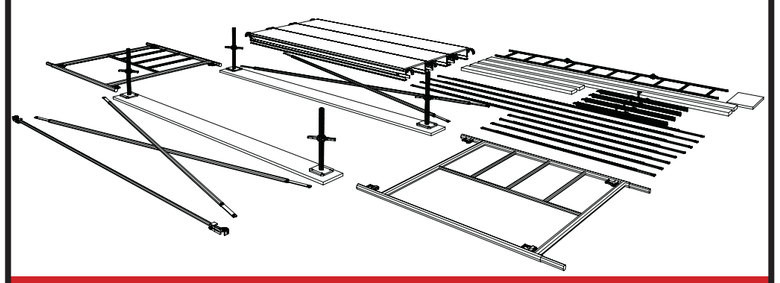
STEPS TO SAFE SCAFFOLDING

How to Erect Access Frame Scaffolding

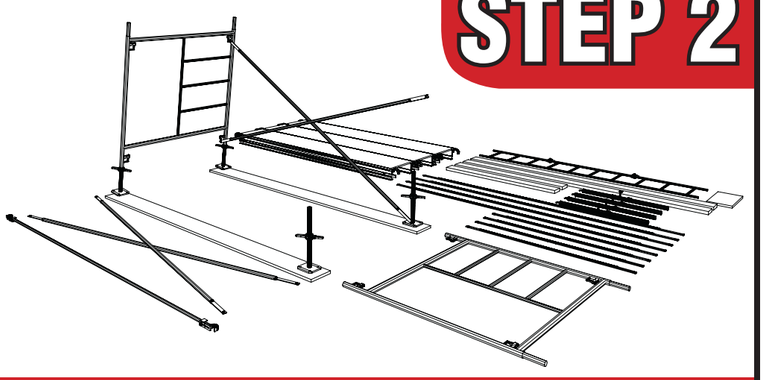
STEP 1



Select and prepare the ground area. Place suitable sills and make sure there are no holes under the sills. Put the adjustable base on the sills in the location that matches your scaffold dimensions.

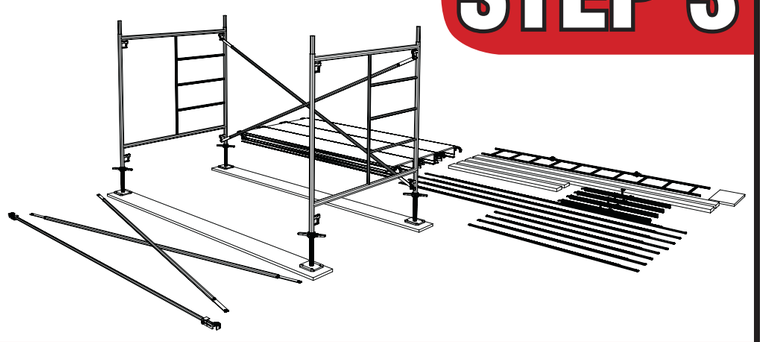
NOTE: DO NOT SECURE THE BASES TO THE SILLS AT THIS TIME.

STEP 2



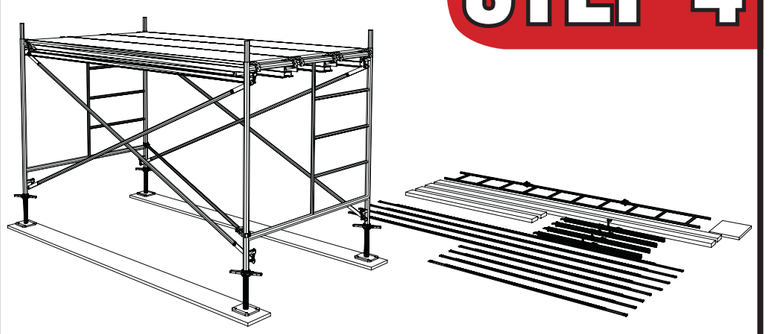
Adjust the base jack-nuts, starting at the highest point of the ground level. The jack-nut at the highest ground level should be set 7.5 - 15 cm from the top of the sill, depending on the slope. Place the first frame onto the base plates at the high point. Connect the first cross-brace to the frame. Allow the frame to lean slightly forward and rest on the sill while you prepare for the next frame to be installed.

STEP 3



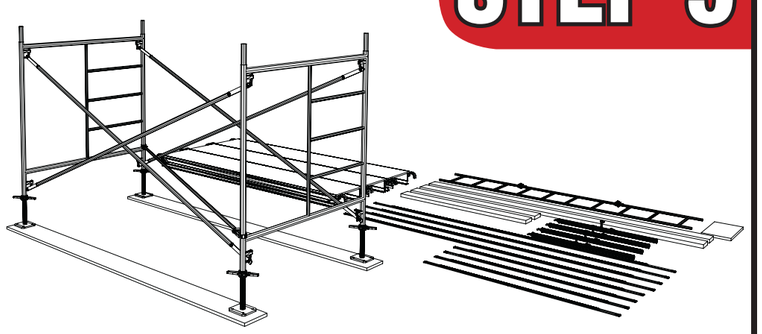
Install the second frame onto the base plates. Secure the first cross-brace to the second frame.

STEP 4



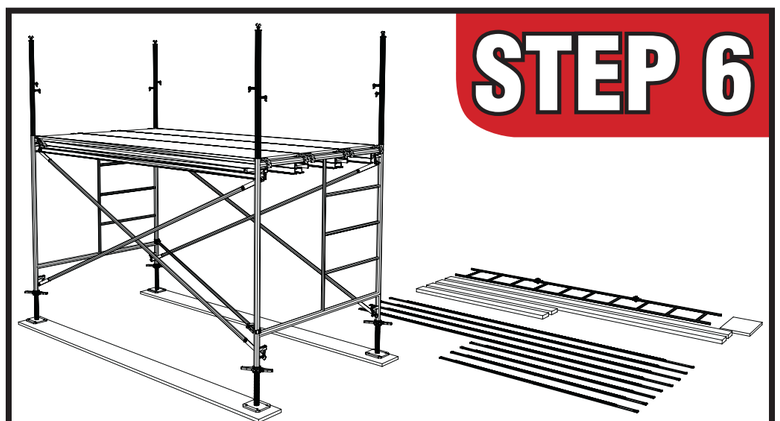
Install the second cross-brace to both the frames. Next you need to level and plumb the scaffold. Start at the high point of the scaffold. If possible, use the jack-nut to bring the highest corner down closer to the sill. Next bring all four corners up to that point. If the bottom cross-members of each frame are level with each other, the frames should also be plumb.

STEP 5



Install the decking, which may be manufactured or wood planks. If you are using wooden planks, they shall extend beyond the supporting cross-members at least 15.24 cm and not more than 30.24 cm. Secure the decking so it cannot move.

STEP 6



Select the equipment for the guardrail system.

NOTE: APPROPRIATE FALL PROTECTION SHALL BE USED DURING ERECTION AND DISMANTLING OF SCAFFOLDING AT A HEIGHT EXCEEDING 1.22 M.

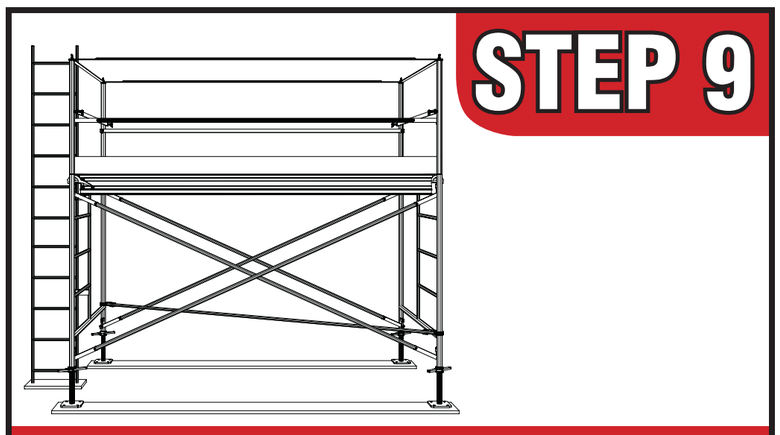
STEP 7

Attach the guardrails to the posts on all the exposed sides.

STEP 8

Install toeboards as required.

STEP 9



Install a suitable means, such as a sloping or vertical ladder secured to the scaffold at the landing point. The ladder shall extend approximately 1 m above the landing.

ACCORDING TO THE NEWFOUNDLAND & LABRADOR OCCUPATIONAL HEALTH AND SAFETY REGULATIONS THE FOLLOWING IS REQUIRED: FOR ACCESS FRAME SCAFFOLDING

- A scaffold shall be erected, altered, and dismantled by qualified workers or under the direct supervision of a qualified person. The qualified person shall ensure that the erection is carried out according to acceptable practices in compliance with any drawings and the manufacturer's or supplier's instructions, and that the correct components and materials are being used.
- A scaffold shall be inspected daily before use and after a modification. A damaged scaffold component shall not be used.
- The lower end of the vertical support of a scaffold shall be supported by firm and adequately sized foundations or sills. Adjustable base plates shall be used to accommodate uneven sloping or stepped surfaces.
- Adjustable base plates shall not extend more than the lesser of two-thirds of its total length or 60 cm unless otherwise specified by the manufacturer.
- A scaffold shall be erected with vertical members plumb and ledgers and bearers level.
- Each lumber and manufactured scaffold plank installed for use shall be secured against dislodgement.
- A scaffold shall be effectively guyed or secured to a building or structure where the height of the scaffold exceeds 3 times its minimum base. The building tie shall be capable of resisting a working load of 4 kilonewtons (900 lbs).
- Where building ties or guys are used
  - the first level shall be placed at a height not exceeding 3 times the scaffold minimum base and additional ties placed at vertical intervals not exceeding 6 metres.
  - the ties shall be placed at horizontal intervals at the lesser of every third bay or 6.4 metres.
- Guardrails shall be installed on all open sides of the work platform 1.22 metres or more above grade or floor level and when an open space greater than 30 cm exist between the work platform and structure.
- Guradrails shall be secured so they cannot move in any direction.
  - top rail between 0.9 metres and 1.1 metres
  - toeboards required over machinery and work areas
- Ladder access may be vertical or sloping. Ladders shall be secured at the point of support and shall extend approximately 1 metre above the landing. A vertical ladder must have a clear space of at east 15 cm behind each rung.
  - end frames with ladder like structures may be used for access up to 9 metres above floor or grade level.

FOR ROLLING SCAFFOLD

- The wheels on one end shall be swivel type.
- Wheels shall not be less than 13 cm in diameter.
- Height adjusting screws for casters of a rolling scaffold shall not extend more than two-thirds of their total length or 30 cm whichever is lesser.
- A wheel of a rolling scaffold shall be equipped with effective brakes or locking devices which shall be applied when workers are working.
- A rolling scaffold mounted on pneumatic tires shall have additional supports.
- A worker is not permitted on a rolling scaffold while it is being moved.
- The floor or surface over which it is moved shall be sufficiently firm within 3 degrees of level and free from pits, holes, depressions, and obstructions.

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