

SAFE WORK PRACTICES

WELDING

**This information does not take precedence over OH&S. All employees should be familiar with the Saskatchewan Employment Act and the OH&S Regulations.*

Lighting: Gas and electric welding usually provide good local lighting of the work piece. General lighting is required to allow safe access and handling of equipment. Avoid excessive glare from the light source or by reflection. Prevent excessive contrast between the work piece and background.

Color: Select color for welding area to avoid glare and to obtain a satisfactory general level of lighting. It is not necessary to choose dark colors. Colors (avoid blue and turquoise) should be light with flat matt finish. Piping, ducting or structural supports should be the same color as the background unless piping requires color coding. This reduces distraction.

Working Posture: Difficult or uncomfortable body positions cause fatigue and reduce concentration. The welding position should be a stable non-fatigue posture.

1. Position scaffolding at a comfortable height with preference for seating positions. Avoid working in one position for long periods of time.
2. Work with material slightly below the elbow, keeping arm motions within normal work area. Use a foot rest if standing for long periods.
3. Locate materials and tools conveniently and in the same places.

Manual Handling:

1. Protect hands and feet in case load falls.
2. Get help with heavy and awkward loads.

Lifting Techniques:

1. Spread feet apart for balance. Put front foot beside load and point it in direction of travel. Put other foot behind center of load.
2. Bend knees (not beyond 90°).
3. Get a good grip, maintain a straight back and lift with legs keeping object close to the body.

Position of Lifting Tall Cylinders:

1. Place forward foot around cylinder.
2. Lower cylinder across thigh by pressing down with the rear hand while holding cylinder underneath and slightly beyond center point.
3. Raise end to desired height and push cylinder forward by rear hand.