Infrastructure Health & Safety Association™

Work Safe for Life

Shingling Safety

Common hazards include falls, heat exhaustion/heat stroke, sun exposure material handling/MSDs, and tools.

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Shingling Safe Practices

Falls

- You must use fall protection. It's the law.
- Tie off to anchors on the roof such as ridge brackets or straps. If there are no anchors, install them before starting work.
- When moving from one anchor point to another, always tie off to the next one before unhooking from the previous one. This ensures fall protection at all times.
- To minimize swinging in case of a fall, make sure your lifeline goes no more than 30 degrees to each side of your anchor point.
- To minimize acceleration and avoid striking the ground below in case of a fall, limit the amount of slack in your lifeline.
- When using a ladder, make sure it is a safe distance from powerlines. It is also a good idea to use a non-conductive ladder to avoid shocks.

Heat Exhaustion/Heat Stroke

- Have drinking water available at all times, especially when it's hot outside.
- Take more frequent breaks and, if possible, find a place out of the sun to cool down.
- Make sure that everyone is aware of the symptoms of heat exhaustion and heat stroke and knows how to treat them. For more information, visit **ihsa.ca**

Sun Exposure

- When choosing a sunscreen, always use one with at least an SPF of 15 and reapply throughout the day.
- Use a "broad spectrum" sunscreen that provides protection from UVA and UVB rays.

Material Handling/MSDs

- Bundles of shingles are heavy. Use mechanical devices to get the shingles to the roof. Do not carry shingles up a ladder because you cannot maintain 3-point contact while doing so.
- When using gas-powered ladder hoists, train workers in their use and follow the manufacturer's instructions for assembly and loading.
- If you use a forklift or boom truck to hoist shingles to the roof, make sure that it is clear of overhead powerlines and that the landing area on the roof can support the weight of the shingles.
- The wind is often stronger at roof height than at ground level. Make sure that shingles and other roofing supplies are secure.
- Alert workers on the ground about the work being done on the roof.
- Never hoist material over other workers or bystanders. If the load shifts and falls, someone could be seriously hurt.
- It can be difficult to find a comfortable posture. Your ankles, knees, and lower back suffer the most. Remember to straighten up, stretch, and adjust your posture often.

Tools

- Use caution with air nailers. Do not override safety devices or alter the nailer in any way.
- Air lines and extension cords are always slip and trip hazards. On a sloped roof, even a minor slip can lead to a fall. Bring cords and lines up from directly below the work area rather than running them across the roof.
- Always wear hearing protection and safety glasses when cutting or using air nailers.
- You must wear CSA Grade 1 protective footwear at all times. There are styles that are made specifically for work on sloped surfaces.
- Keep your knives sharp to reduce strain on your hands and arms.
- Use kneepads to reduce contact pressure on your knees.

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Work Safe for Life

Low Slope/Flat Roof Safety

Common hazards include falls, heat exhaustion/heat stroke, sun exposure, material handling/MSDs, housekeeping, and burns.

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Low Slope/Flat Roof
Safe Practices

Falls

- You must use fall protection. It's the law.
- Guardrails around the perimeter of the work area are the preferred method of fall protection. Remember that you must protect yourself from falling when putting up the guardrails by using another means of fall protection such as travel restraint or fall arrest.
- If you are more than two metres from the edge of the roof, you can use a barrier (often called bump line). This barrier must consist of portable weighted posts with rope, chain, or flagging. Signage must be present stating that fall protection is required past the line.
- Cover or build guardrails around roof openings. Remember that skylights are considered roof openings.

Heat Exhaustion/Heat Stroke

- Have drinking water available at all times, especially when it's hot outside.
- Take more frequent breaks and, if possible, find a place out of the sun to cool down.
- Make sure that everyone is aware of the symptoms of heat exhaustion and heat stroke and knows how to treat them. For more information, visit **ihsa.ca**

Sun Exposure

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- Choose a "broad spectrum" sunscreen that will provide you with protection from both UVA and UVB rays.

Material Handling/MSDs

- Many roofing injuries are related to improper material handling. You can reduce material handling injuries by eliminating double handling, bending at your knees, properly planning work, and using mechanical devices to minimize manual labour.

Housekeeping

- Always clean up your work area and keep it free of slip and trip hazards.
- Proper planning, setup, access, storage, and garbage disposal will help reduce injuries.
- Ensure that the public is protected at all times from falling material.

Burns

- Choose flame retardant clothing rather than synthetic materials. Synthetic materials can cause more severe burns.
- Make sure that your pant legs do not have cuffs. Cuffs trap dirt and liquid.
- Wear your pant legs over boots, especially when carrying or working with hot asphalt.
- Wear long-sleeved shirts buttoned at the cuffs. Pull your sleeves over your knit wrist gloves to prevent asphalt from getting in the gloves.
- Always wear CSA-approved safety glasses, hard hat, and boots.
- Kettlepersons should wear protective over-sleeves and face shields in addition to the usual personal protective equipment.