

# INDEPENDENT POST SHORE SYSTEM SAFETY RULES

*As Recommended by*

## SCAFFOLDING, SHORING AND FORMING INSTITUTE

It shall be the responsibility of all employers and users to read and comply with the following common sense guidelines, which are designed to promote safety in the erection, dismantling and use of independent post shore systems. These guidelines are not all-inclusive nor do they supplant or replace other additional safety and precautionary measures to cover usual or unusual conditions. If these guidelines conflict in any way with any state, provincial, local or federal statute or governmental regulation, said statute or regulation shall supersede these guidelines and it shall be the responsibility of each employee and user to comply therewith and also to be knowledgeable and understand all state, local or federal statutes or governmental regulations pertaining to independent post shore systems.

### A. GENERAL GUIDELINES

1. POST THESE SHORING SAFETY GUIDELINES in a conspicuous place and be sure that all persons who erect, dismantle or use shoring are aware of them.
2. FOLLOW ALL STATE, PROVINCIAL, LOCAL AND FEDERAL CODES, ORDINANCES AND REGULATIONS pertaining to shoring.
3. SURVEY AT JOB SITE. A survey by a qualified person shall be made of the job site for hazards, such as untamped earth fills, ditches, debris, high tension wires, unguarded openings and other hazardous conditions. These conditions should be corrected or avoided as noted in the following sections.
4. PLAN SHORING ERECTION SEQUENCE in advance and obtain necessary access equipment to accomplish the work safely.
5. INSPECT ALL EQUIPMENT BEFORE USING. Never use any equipment that is structurally defective in any way. Mark it or tag it as defective, then remove it from the jobsite.
6. A SHORING LAYOUT prepared by a person qualified to analyze the intended loading consistent with the manufacturer's recommended safe working loads, shall be used on the job at all times.
7. ERECT, DISMANTLE OR ALTER SHORING only under the supervision of a competent person.
8. DO NOT ABUSE OR MISUSE THE SHORING EQUIPMENT. Do not modify equipment.
9. INSPECT ERECTED SHORING: (a) immediately prior to concrete placement; (b) during concrete placement and while vibrating concrete, and (c) after concrete placement until concrete is set.
10. NEVER TAKE CHANCES! IF IN DOUBT REGARDING THE SAFETY OR USE OF THE SHORING, CONSULT YOUR SHORING SUPPLIER.
11. USE SHORING EQUIPMENT only for the purpose or in ways for which it was intended. Use proper tools when installing equipment.
12. ERECTING AND DISMANTLING OF SHORING requires good physical condition. Do not work on shoring if you feel dizzy, unsteady in any way or are impaired in any way by drugs or any other substances.
13. DO NOT USE INDEPENDENT POST SHORE SYSTEMS for fall arrest anchorage.

- B. ALL INDEPENDENT POST SHORE SYSTEM DECKS SHALL BE Laterally Stabilized by the existing building structure and/or additional bracing as specified by the supplier/manufacturer.
- C. USE SUPPLIER/MANUFACTURER'S RECOMMENDED SAFE WORKING LOADS consistent with the deck panel configurations and height of posts used.
- D. FOLLOW SUPPLIER/MANUFACTURER'S RECOMMENDED DIRECTION for:
  - a) Location and selection of deck panel type and stringers.
  - b) Type and height of vertical shoring components.
  - c) Starting points of deck layouts.
- E. DO NOT MAKE UNAUTHORIZED CHANGES TO THE LAYOUT. Always consult the designer prior to making changes.
- F. PRIOR TO WORKING ON DECKS
  - a) All posts shall be plumb and adjusted evenly to ensure proper bearing contact.
  - b) Deck shall be laterally stabilized and proper means of fall protection installed.
- G. FALL PROTECTION SHALL BE PROVIDED ON ALL OPEN SIDES AND OPENINGS in formwork and slabs as required by applicable code.
- H. SAFE ACCESS SHALL BE PROVIDED TO ALL FORMWORK as required by applicable code.
- I. IF MOTORIZED CONCRETE PLACEMENT EQUIPMENT IS TO BE USED, ensure that lateral loads, vibration and other forces have been considered and adequate precautions taken to assure stability.
- J. PLAN DECK PANEL LAYOUT TO ENSURE AGAINST INSTABILITY AND UNSUPPORTED CANTILEVERS. Take all necessary precautions to avoid uplift of cantilevered panels during and after construction. Make certain that form panels intended to be cantilevered are tied down to prevent tipping.
- K. PANELS EXPOSED TO UPLIFTING WIND FORCES SHALL BE LOCKED OR TIED DOWN TO PREVENT PANEL UPLIFT.
- L. PLAN CONCRETE PLACEMENT METHODS AND SEQUENCES TO ENSURE BALANCED LOADING of shoring equipment and panels, including cantilevered panels.
- M. BRACING SHALL BE FASTENED SECURELY. Check to see that clamps, screws, pins and all other components are in a closed or engaged position.
- N. FOLLOW SPECIAL PRECAUTIONS RECOMMENDED BY THE SUPPLIER/MANUFACTURER WHEN SHORING FROM OR TO SLOPED SURFACES.
- O. PROVIDE AND MAINTAIN A SOLID FOOTING to distribute maximum loads properly.
- P. WINDLOAD: Erector must analyze the forming/shoring system for additional loads imposed from wind loading and provide adequate anchorage to resist these forces, including uplifting wind forces.
- Q. RESHORING is one of the most critical operations in formwork; consequently, the reshoring procedure shall be designed by a qualified person and should be approved by the architect/engineer of record.