



## Trestles Standards

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### 1. Introduction

The purpose of these trestles standards is to ensure that when work at height is carried out using a trestle or hop-up it is only done so where it has been identified via a work at height risk assessment and the worker knows how to safely use it.

Trestles must only be used if no other reasonably practicable platform for working at height has been identified by the work at height assessment.

Trestles must be no higher than 600mm and they must not be able to extend, if they are extendable they must be welded in order that this is not possible.

Prior to using a standard trestle or hop-up the user must determine if the proposed controls are adequate. If a sub-contractor intends to use a low level trestle it must be included in their Risk Assessment and Method Statement.

### 2. When to use a trestle or hop up

The first question that should be answered must always be, is it appropriate to use a trestle or hop-up platform for the nature of the work to be carried out?

#### Environment/ task

1. Do the trestles need to be higher than 600mm maximum? If **yes** then this equipment is not suitable.
2. Is the ground solid, compact, level and stable? If **no** then this equipment is not suitable. Unless the ground is made level and stable.
3. Is there any risk to other people working in the area? If **yes** then ensure that other people are moved away from the trestle area.
4. Is the trestle or hop-up next to, or adjacent a trench increasing the height of the potential risk? If **yes** do not use, or back fill the trench.
5. Are there any other obstructions or hazards e.g. reinforcing bars etc. next to, or adjacent to the Trestle/Hop-up? If **yes** do not use or remove obstructions.
6. Ensure that materials temporarily placed on the working platform to carry out your task(s) do not compromise the users ability to work safely.
7. Is there any risk to the public? If **yes** use a safer alternative, such as scaffold.

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### 3. **Equipment**

The trestle or hop-up must be suitable for the task and the user must go through the following checklist:

1. Has the equipment been inspected upon installation and before use and if 7 days has passed since installation, within the last 7 days? If **no**, advise site management and do not use until inspected by a competent person.
2. Is there any obvious risk posed by use of the work equipment? If **yes**, advise site management and do not use until satisfied that safe.
3. Is the equipment free from a build-up of debris, i.e. mortar? If **no**, clear build-up of debris and do not use until task completed.
4. Are the rubber pads to the bottom feet of the hop up damaged or missing? If **yes**, do not use until the pads have been replaced.
5. Has a ladder, to BS EN131, or other suitable access been provided, and has it been suitably tied? If **no**, do not use until suitable access has been provided.
6. Has the equipment been erected to the manufacturer's instructions? If **no**, advise site management so that issues can be rectified before use.

### 4. **Information instruction and training**

Training is an essential component to the safe use of trestles and hop-ups on site, to demonstrate appropriate use of the selected system and where relevant the erection, use and dismantling of trestle systems.

When using either a trestle or hop up, the equipment must be moved into a new position rather than risk overreaching for access and the user subsequently losing balance. Items should not be carried with both hands when mounting the equipment.

Information, instruction and training should be delivered to erectors, users and inspectors of the equipment and should include details of any relevant guidance standards and/or manufacturer's instructions.

The content and duration of the training will depend on the equipment being used but in general this can be achieved via documented on-site tool box talks which should record the details of individuals who have received the training.

Trestles and hop-up platforms are very straightforward to use, however the manufacturer's instructions that come with the equipment must be read and the user familiar with its operation. If unsure, advice from site management must be sought. A copy of the relevant manufacturer's instructions must be on site when any trestles or hop-ups are used.

### 5. **Inspection of equipment**

The equipment must be inspected, by someone who is competent to do so, after assembly and before use. For equipment that does not need to be assembled, it still needs to be checked before use.

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Trestles must be inspected and signed off by the person responsible for fitting them using the Trestles Inspection Register before use. Site management must inspect the Trestles and complete the register before use and then every seven days. Also after any accident or near miss accident, alternation or adverse weather that effects the trestles condition.

Refer to HSMS form [019H](#) – Trestle Inspection Register

## 6. **Monitoring**

Site management monitors the safe use of trestles via daily site checks. The Group HS&E Department monitors compliance with these standards via regular site HS&E inspections.

## 7. **Further Reading**

[The Home Builders Federation, best practice guidance document on the safe use of trestles & hop ups.](#)

## 8. **Tool Box Talk**

Refer to HSMS [TBT](#) – W@H Trestles

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