



electricians

Running cables/wire

Before applying a new risk control, review its use to ensure it does not introduce new risks during the tasks.



- Planning – when possible install cable before the ceiling goes in and plan the cable runs.
- Whenever practical use mechanical cable pulling devices.
- Use a drum stand.
- Use two or more people to run the cable from the roll and to assist if cable gets hooked up.
- On larger jobs coordinate cable pulling and laying. Adequate communication must be established to ensure the handling is coordinated.
- Where possible feed the cable downwards so that gravity assists.
- Take regular breaks from overhead work. This may include doing other tasks to change your position and posture.
- Use plastic or fibreglass hooks and not metal ones.
- Consider using well fitted gloves.

For more information check out the WorkSafe website:
www.dmirs.wa.gov.au/worksafe/manual-tasks