

Southern Shield

Good/ Best Practice feedback

Nature of works

Building a bat house

Date of good practice note

01 /09 / 2018

Ergo Tools



Description of the good practice

An EcoSpot board is an adjustable bracket and mortar board that attaches to a scaffold was provided to each bricklayer to reduce the repetitive bending. In addition, magnetic trowel belts were provided to hand tools within easy reach.

What are the benefits?

An independent study by ViSafe shows data that indicates the EcoSPot board has significantly reduced high risk movements:

- Time spent with back bent over 20 degrees reduced by up to 85%
- 84% reduction in lower back muscle activation
- Repetition of higher risk movements reduced by up to 70%
- 17% increase in productivity, measured in bricks per minute".

Benefits are reducing the chance of developing a long term disorder for minimal cost, time and effort. Along with a happier healthier workforce, longer working life, increased productivity and time savings.

Are there any drawbacks?

- Minor cost
- Getting staff on board using it.

Supporting Information

- <http://www.eco-buildingproducts.co.uk/ecospot-adjustable-mortar-board.html>
- <https://ccsbestpractice.org.uk/entries/ecospot-boards/>

Please send completed forms back to shield@networkrail.co.uk