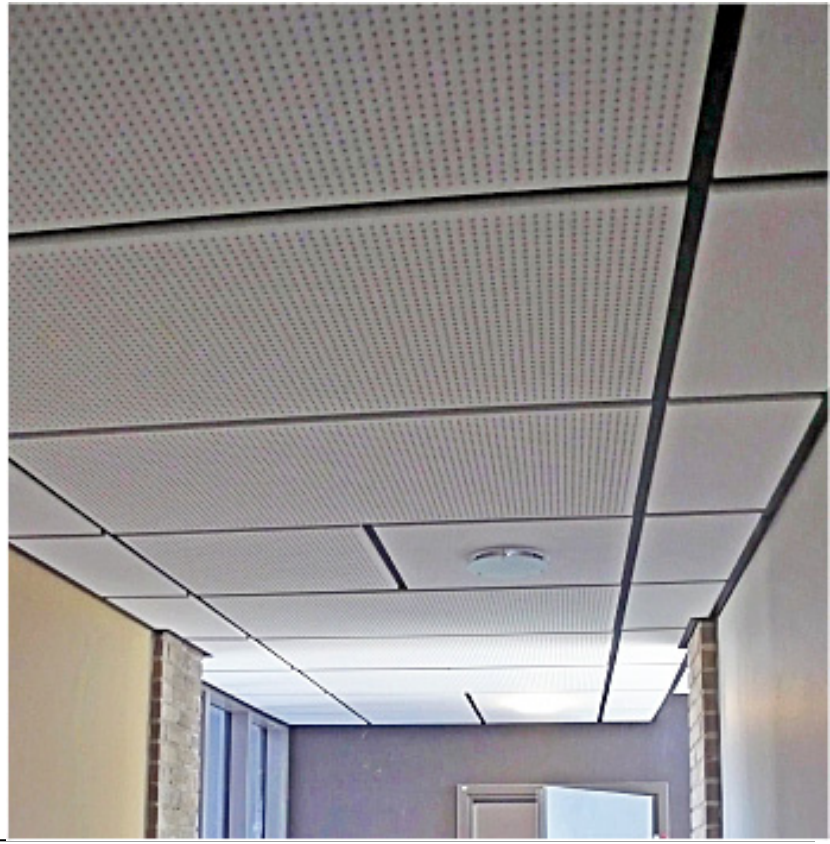
Suspended ceiling

- Pre-conditions
- Preparation
- Self-inspection
- Execution



This **work instruction** is designed for use in detailed planning and preparation of work on construction projects. With thorough planning high levels of personal safety and optimal work apportionment can be achieved at the same time as the work can be organized efficiently and cost effectively.

Work activity & Problem	P	C	Risk= P*C	Action
Overloading, stretching	10	70	700	Use lifting aids
Fall from ladder, fall injuries	10	15	150	Use stepladder/stool to larger extent
Cluttered workplace = Twisting or fall injuries	10	15	150	Regular tidying
Work above shoulder height	10	15	150	Work rotation

		Assessment of probability		**Assessment of consequences**		
Probability = P	P = 0,1	Very unlikely	(<1 times/10 years)	C=0,5	Trifle	
Consequence = C	P = 1	Unlikely	(1 times/10 years)	C=1	Tiny	(1 - 2 days sick leave)
Risk = P * C	P = 3	Low probability	(1 times/3 years)	C=5	Small	(3 - 7 days sick leave)
	P = 10	Relative probability	(1 times/year)	C=15	Tactile	(8 - 29 - ” -)
	P = 30	Probable	(1 times/month)	C=70	Severe	(30-299 - ” -)
				C=500	Very severe	(>300 - ” -)

Text from the Working Environment Authority's brochure Safer Construction Work

First Aid § 31

First Aid should be available. Staff who are trained to provide First Aid should always be available. Facilities and First Aid equipment should be marked with signs. There shall also be signs presenting phone numbers, address and, if necessary, route description of the local emergency services.
Regulations related to First Aid are presented in AFS 1999:7 "First Aid and Emergency Support".

Access routes § 63

For each location where work is performed there shall be safe means of access such as stairway or covered gangway.
Ladders are usually not suitable as an access.

Access and transportation § 38-41 and 53

Between the various levels there will normally be a stair or ramp. If the level difference between the two levels is more than ten meters and this means that workers have to walk a lot of stairs, then apart from the stairs lifts should be made available.

Equipment

- ❑ Stepladder with holder - To have easy access to the shears, drill and a box with 'nail rings' plastic pipes have been taped to the steps
- ❑ Step/trestle
- ❑ Cutting/work table
- ❑ A hammer drill
- ❑ Metal shears
- ❑ Gloves
- ❑ Knife
- ❑ Hammer
- ❑ Broom + garbage bag
- ❑ Equipment for setting out - Laser

Materials

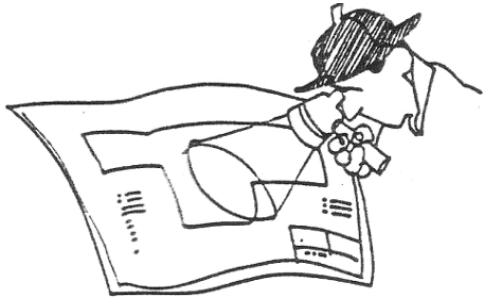
- ❑ Ceiling sheets
- ❑ Installation/bearing irons
- ❑ Stepless brackets
- ❑ Nail Loops

- ❑ Insulation
- ❑ Plastic fasteners for insulation

No	Check	Method or equipment	Frequency	Result	Date Signature	Deviation/Remedy Approval/Non-A
1	Boards marking and dimensions conform to the requirements	Delivery Note				
2	Dismantle able	Test				
3	Mechanical fastening as specified	Tightening of braces, spot tests				
4	The studding's stability if a sheet is removed	Not gliding sideways				
5						
6						
7						
8						
9						
10						
11						

Quality criteria for the project and the product

- Study Drawings, Specifications and Inspection planning
- Think through the alternative **methods of production** and handling of materials, tools etc. that can meet the requirements



Pay particular attention to

- Perform flooring as described in the Specification and in accordance with the manufacturer’s instructions.
- Check the label - so that everything is in the right place
- Adapt the attached materials to surfaces and conditions
- Do not mount damaged pieces

Structural framing

The lines of the structure are measured and marked out. Check that there is adequate room for installations in the ceilings, eg: ducts, pipes and cable trays.
Holes are drilled for eyed-fasteners which are nailed into the holes.
Hangers are fed into the holes in the eye-fasteners as illustrated to the left.
The structural frames are fitted.
Cutting with shears.
Wall rails are fastened with nail plugs.

Corners, nooks and crannies

Measuring and cutting to fit

Obstacles
Transfers eg at ducts

The perimeter sheeting is completed. In the middle acoustic panels and light fixtures.

Common: Waiting for an installer.

Good - everyone takes care of his own waste.