



Post-Tensioning (Monost	trand) SAFE WORK METH	OD STATEMENT (SWMS)	
TASK OR	ACTIVITY: Post-Tensioning (Mo	nostrand)	
Business Name:		ABN:	SWMS#
Business Address:			
Contact Person:	Phone:	E il:	
THIS SAFE WORK METHOD	STATEMENT IS APPROVED BY	THE PCL OF THE ROJECT	
Under the Work Health and Safety Regulation (WHS Regulation), a person conduct the proposed work starts.	eting a business or undo	required to en. ethat a safe work method s	statement (SWMS) is prepared before
Full Name:			
Signature:		Title:	Date:
Details of the person(s) responsible for ensuring implementation, monitoring	poliance the VMS a vell as review	s and modifications of the SWMS.	
Full Name:		Title:	Phone:
ALL PERSONNEL PARTICIPATING IN ANY ACTIVITY ON THIS 5 MS M HAVE THE FOLLOWING COMMUNICATED	NAL OF ALL RELEVANT PERSONNI EVELOPMENT AND APPROVAL OF	EL WHO HAVE BEEN CONSULTED AND CO THIS SWMS	OMMUNICATED TO IN THE
Safety meetings or toolbox talks will be scheded in accomply with gislative requirements to first identify any site hazards, and then to further take steps to either eliminate or continuous each hazard.			
If an incident or a near miss occurs, all work must sto, quately. Depending on the severity of the incident, a meeting will be called with all workers to amend the SWMS if required. The meeting may also be an educational opportunity.			
Any changes made to the SWMS after an incident or a near miss must be approved by the Person Conducting Business or Undertaking and communicated to all relevant personnel.			
The SWMS must be kept and be available for inspection at least until the work is completed. Where a SWMS is revised, all versions should be kept. If a notifiable incident occurs in relation to which the SWMS relates, then the SWMS must be kept for at least two years from the occurrence of the notifiable incident.			





CLIENT OR PRINCIPAL	CONTRACTOR DETAILS
Client:	SCOPE OF WORKS
Project Name:	
Project Address:	
Project Manager:	
Contact Phone:	
Date SWMS supplied to Project Manager:	
ANY HIGH-RISK CONSTRUCTOR	ON WO K BEIN O KRIED OUT
☐ involves a risk of a person falling more than 2 meters	☐ is carried out on or near pressurised gas mains or piping
☐ is carried out on a telecommunication tower	carried out on or near chemical, fuel or refrigerant lines
☐ involves demolition of an element of a structure that is load-bearing	☐ is carried out on or near energised electrical installations or services
☐ involves demolition of an element related to the physical integration of a ructure	☐ is carried out in an area that may have a contaminated or flammable atmosphere
☐ involves, or is likely to involve, disturbing asb	☐ involves tilt-up or precast concrete
☐ involves structural alteration or repair that — quires term — ov sup — rt to prevent collapse	☐ is carried out on, in or adjacent to a road, railway, shipping lane or other traffic corridor
is carried out in or near a confined space	☐ is carried out in an area of a workplace where there is any movement of powered mobile plant
☐ is carried out in/near a shaft or trench deeper tha tunnel involving use of explosives	☐ is carried out in areas with artificial extremes of temperature.
☐ is carried out in or near water or other liquid that involves a risk of drowning.	☐ involves diving work.
ANY HIGH-RISK MACHINER	RY OR EQUIPMENT NEARBY



	RISK MATRIX										
LIKELIHOOD	INSIGNIFICANT	MINOR	MODERATE	MAJOR	CATASTROPHIC	SCOBE	ACTION		HEIRARCHY OF CONTROLS		
ALMOST CERTAIN	3 HIGH	3 HIGH	4 ACUTE	4 ACUTE	4 ACUTE	SCORE ACTION		Elimination Remove the hazard.			
LIKELY	2 MODERATE	3 HIGH	3 HIGH	4 ACUTE	4 ACUTE	4A ACUTE	DO NOT PROCE		Substitution		
POSSIBLE	1 LOW	2 MODERATE	3 HIGH	4 ACUTE	4 ACUTE	3H HIGH	Review befor work starts.		Replace the hazard.		
UNLIKELY	1 LOW	1 LOW	2 MODERATE	3 HIGH	4 ACUTE	2M MODERATE	Ensure control measures in place.		Isolate People from the hazard		
RARE	1 LOW	1 LOW	2 MODERATE	3 HIGH	3 HIGH	1L LOW	nitor and		Engineering Isolate the hazard.		
is the second m	otes on Hierarchy of Controls: Elimination methods are the most effective and preferre the normal process on Hierarchy of Controls: Elimination methods are the most effective and preferre the normal process of the second most effective method of controlling a hazard. Engineering by isolation is the first post eliminative ontrols by changing the work is the fourth most effective method. PPE (Personal Protective Equation). The least effective										

				PERS		TIVE EQUIPM					
		Select the app	ropriate PPL	abo. ~uitab	ic or the equip	oment used or	the job task	being perform	ned (if applica	able).	
FOOT PROTECTION	HAND PROTECTION	HEAD PROTECTION	ARING STION	F' CTIO	RL PIRATORY PROTECTION	FACE PROTECTION	HIGH-VIS CLOTHING	PROTECTIVE CLOTHING	FALL PROTECTION	SUN PROTECTION	HAIR/JEWELLERY SECURED
Other PPE R	equired:										
	Pe	ermit or Licen	ses Requirem	ents			Ma	indatory Qual	ifications and	Training	



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
1. Preparation	Slips, trips and falls, Inadequate personal protective equipment	2M	Conduct an initial inspection of the worksit wentifying potential slip, trip, and fall hazards such as debris, loose materials, or uneven surfaces. Iddress the mazards by removing or repairing them before work begins. Ensure workers are aware of any changes in fire (level, access foutes, and other potential trip hazards in their work area by providing lear signage and a municing this information during toolbox talks. Implement sufficient in tring to look for effective visually in all work areas and clearly illuminate any potential hazards. Keep all ware vays and access patientlear meebris, cables, tools, and materials to prevent accidental tripping. Promotorkers in adequate personal protective equipment (PPE), such as non-slip footwear, appropriate alloves, and safety glasses, to reduce the risk of slips, trips, and falls while handling materials or tools. Train vorkers in the pusper use and maintenance of their PPE, including safe storage and regular specific is for vory and tear that could compromise their effectiveness. Improved a clean-as-you-go policy to ensure that work areas are kept neat and organised throughout edy, roughing the likelihood of slip, trip, and fall hazards. Selienation markings or physical barriers to separate different work zones, minimising the chances of accidents between differing activities. Enforce a no-running policy within the worksite to mitigate the risk of injuries resulting from slips or trips. Encourage good housekeeping practices among workers, such as promptly cleaning up spills and properly disposing of waste materials, to maintain a hazard-free working environment. Ensure that all ladders, scaffolding, and other elevated work platforms are set up and maintained according to manufacturer guidelines and regulatory requirements, minimising the risk of falls from height. Incorporate a buddy system for tasks requiring two or more workers to manipulate or position heavy or awkward items, reducing the chance of falls due to overreaching or loss of balance. Regularly	1L
2. Installation	Machinery accidents, Noise exposure	3Н	 Ensure all operators are properly trained and have the necessary certification to operate the machinery involved in the post-tensioning process. Establish a designated zone for the installation process, including clear markings and barriers to prevent unauthorised personnel from entering the area. Regularly inspect and maintain all machinery and equipment to ensure proper working order, eliminating potential accidents caused by malfunctions or faulty components. 	2M



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SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
			- Implement a formal lockout/tagout procedure to ensure the correct isolation of machinery during maintenance, repair, cleaning, or other activities that may pose a risk to operators or nearby workers.	
			- Provide and enforce the use of appropriate person protective equipment (PPE) such as ear protection, safety glasses, gloves, and steel-toed boots for workers exposed to hazards during the installation process.	
			- Utilise noise-reducing measures, such as a stic cosures or barriers, to protect workers from excessive noise levels generated by post-tens.	
			- Plan scheduled breaks or jorotation for operator to minimo continuous exposure to noise and reduce the risk of noise-induce the risk of noise-in	
			- Establish a detail we lan confine the sequence of tasks, responsibilities of each team member, and coordination with other lakehours to ensight efficient and safe execution of the installation process.	
			- Adopt emerging cy stop courols on no honor to allow rapid shutdown in case of an incident or haza is situating further comage or injury.	
			- Deventor thorout incident response plan, including emergency contacts, first aid provisions, equipment utdown occases, and evacuation procedures to effectively manage any accidents or injuries at vocculoring installation.	
			Conduct regulation boolbox talks and safety briefings to keep workers informed about potential hazards and the quired control measures, reinforcing the importance of adhering to safety protocols at all times.	
			Carry congoing monitoring and review of the implemented control measures to identify areas for provement and ensure their continued effectiveness in mitigating hazards associated with the including process.	
			- Clearly define storage areas for materials, with adequate space provided to prevent obstruction of walkways or workspaces.	
			- Store materials in a flat, stable manner on leveled surfaces to avoid any rolling or toppling, thereby reducing the risk of falling objects and slips, trips or falls caused by uneven ground.	
			- Implement exclusion zones around storage areas to keep unauthorised personnel away from potential hazards related to falling objects and uneven ground.	
3. Storing materials	Falling objects, Uneven ground	2M	 Ensure that all materials are properly secured before storage, using appropriate strappings or other restraint methods to minimise the risk of unintended movement or shifting of materials during handling and storage. 	1L
			- Store heavy or bulky materials at a lower elevation to reduce the potential for injury from falling objects during loading and unloading activities.	
			- Create a storage plan that identifies the location of different materials and takes into account their weight, size, and characteristics, ensuring a safe stacking practice that minimises hazards.	
			- Use warning signs or barriers to highlight any temporary obstructions or uneven ground in the immediate vicinity of the storage area, allowing workers ample time to react and navigate safely.	
			- Conduct safety inspections of the storage area and materials at regular intervals to identify and promptly address any safety risks related to the stability of stored items or the integrity of the storage surface.	



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SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
			- Train employees involved in materials handling and storage in proper lifting techniques, equipment use, and hazard awareness to reduce the likelihood of accidents related to falling objects and uneven ground.	
			- Develop procedures for the rapid removal of unstable or damaged materials from the worksite to prevent further incidents related to falling object	
			- Encourage clear communication between prkers in the lorage area to coordinate their movements and enhance situational awareness, reducing optention counters with hazards.	
			- Equip workers with PPE such as hard hats, standard boots, and high-visibility vests to protect them from injuries resulting from facing objects and said mavigating uneven ground.	
			- Maintain a clean and well-orgated workspace, en a materials are stored neatly and disposed of promptly to prevent scale of by clutter or debris.	
			- Conduct rice assessment efore a common ement of any new work steps in the vicinity of the storage area anticipate of address an energing hazards related to falling objects and uneven ground	
4. Stressing	Cable breakage, Excessive force	4A		ЗН



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
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		A		
5. Grouting	Skin irritation, Inh tion of dust	2M		1L
				•



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
				•
6. Cutting	Flying debris, Sharp			1L



SPECIFIC WORK STEPS HAZARDS THAT MAY ARISE INITIAL RISK SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
7. Anchor installation Overloading, Equipment function 3.4	2M



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
8. Quality control	Faulty materials, Inaccurate measurements	2M		
9. Monitoring	Deflection, Over-stressing	3H		2M



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
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	•			
				ı
				L
10. Repair	Electrical hazards, Chemical exposure	2M		1L



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
11. Dismantling	Collapse, Falling objects	4A		3H



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
12. Cleaning up	Exposure to hazardous materials, Slippery surfaces	2M		1L



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK



EMERGENCY RESPONSE - CALL 000 FOR EMERGENCIES

Ensure to have an Emergency Management Plan in place as well as adequate numbers of trained first aid staff with easy access to fully stocked first aid kits, rescue equipment, material safety data sheets, adequate access to emergency communication equipment and fire-fighting equipment suitable for all classes of fire and ignition sources.

LEGISLATIVE REFERENCES

RELEVANT LEGISLATION AND CODES OF PRACTICE. DELETE THE LEGISLATIVE REFERENCES. ANY STATE AT ARE NOT APPLICABLE

Queensland & Australian Capital Territory

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

Legislation QLD: https://www.worksafe.qld.gov.au/laws-and-compliance/work-health-and-safety-laws Codes of Practice QLD: https://www.worksafe.qld.gov.au/laws-and-compliance/codes-of-practice

Legislation ACT: https://www.worksafe.act.gov.au/laws-and-compliance/acts-and-regulations

Codes of Practice ACT: https://www.worksafe.act.gov.au/laws-and-compliance/codes-of-practice

New South Wales

Work Health and Safety Act 2011

Work Health and Safety Regulations 2025

Legislation NSW: https://www.safework.nsw.gov.au/legal-obligations/legislati

Codes of Practice NSW: https://www.safework.nsw.gov.au/resource-library/lis - odes-or ract.

Northern Territory

Work Health and Safety (National Uniform Legislation) Act 2011

Work Health and Safety (National Uniform Legislation) Regulation 201

Codes of Practice NT: https://worksafe.nt.gov.au/f

South Australia

Work Health and Safety Act 2012 (SA)

Work Health and Safety Regulations 2012 (SA)

Legislation for SA: https://www.safework.sa.gov.au/resources/le lation

Codes of Practice for SA: https://www.safework.sa.gov.au/wor/ aces/codes-of-practice#COPs

Tasmania

Work Health and Safety Act 2012

Work Health and Safety (Transitional and Consequential Provisions) Act 2012

Work Health and Safety Regulations 2012

Work Health and Safety (Transitional) Regulations 2012

Legislation for TAS: https://worksafe.tas.gov.au/topics/laws-and-compliance/acts-and-regulations

Codes of Practice for TAS: https://worksafe.tas.gov.au/topics/laws-and-compliance/codes-of-practice

Details of permits, licenses or access required by regulatory bodies (add or delete as required):

- Permits from local council
- Authorisation to commence work
- Any required documents.

Victoria

Or pational Health a. Safety Act J4

Occational Health and afety gulations 2017

Legis on VIC: https://www.ksafe.vic.gov.au/occupational-health-and-safety-act-and-

gulat

tes of actice VIC attps://www.worksafe.vic.gov.au/compliance-codes-and-codes-practice

Western Australia

Work Health and Safety Act 2020

Work Health and Safety Regulations 2022

Legislation Western Australia: https://www.commerce.wa.gov.au/worksafe/legislation Codes of Practice WA: https://www.commerce.wa.gov.au/worksafe/legislation

Safe Work Australia Links

Law and Regulation (All States): https://www.safeworkaustralia.gov.au/law-and-regulation Model Codes of Practice: https://www.safeworkaustralia.gov.au/resources-publications/model-codes-of-practice

Model Codes of Practice

- Managing noise and preventing hearing loss at work
- Confined spaces
- Labelling of workplace hazardous chemicals
- Managing risks of hazardous chemicals in the workplace
- Welding processes
- First aid in the workplace
- Managing the risk of falls at workplaces
- Hazardous manual tasks
- Managing the risk of falls in housing construction
- Managing electrical risks in the workplace
- Demolition work
- Excavation work
- Work health and safety consultation, cooperation and coordination
- Managing the work environment and facilities
- How to manage work health and safety risks
- Managing risks of plant in the workplace
- Construction work





SIGNATORIES OF THE SAFE WORK METHOD STATEMENT

The signed and dated personnel listed below have cooperated in the consultation and development of this Safe Work Method Statement which has been approved by the Person/s Conducting a Business or Undertaking (PCBU). In signing this Safe Work Method Statement each individual acknowledges and confirms that they have read this SWMS in full, having raised any questions for items on this Safe Work Method Statement that require clarification, and confirms that they are competent, skilled and knowledgeable for the task assigned to them. Every person acknowledges that they have received the relevant training and qualifications where required, before carrying out any work contained in this Safe Work Method Statement. By signing this Saf Work Method Statement each individual agrees to work safely, to follow any safe work instructions which are provided, and agrees to use all Personal Protective Equipment where appropriate.

Worker Name	Signature

SAFE WORK N. THE STATEMENT MONITORING AND REVIEW

The SWMS must be reviewed regularly to make sure it remains fective of must be reviewed (and revised if necessary) if relevant control measures are rovised. The view respectively should be carried out in consultation with workers (including contractors as a sub-intractors of the SWMS and their health and safety representatives who represented that work group at the workplace.

When the SWMS has been revised the PCBU must ensure that advised that a revision has been made and how they can access the revised SWMS, including all persons who will need to change a work procedure or system as a rest of the review are advised of the changes in a way that will enable them to implement their duties and the revised SWMS. All workers that will be involved in the work must be provided with the relevant information and instruction that will assist them to understand and implement the revised SWMS.

The SWMS must be monitored regularly for the effectiveness of ensuring hazard controls are effective in reducing the risk of incidents, keeping the workplace safe for all personnel. The person responsible for monitoring the effectiveness of the Safe Work Method Statement should employ a multi-faceted approach which includes but is not limited to:

- Spot Checks.
- 2. Consultation with workers, contractors and sub-contractors.
- Internal audits on a continual basis.

An approach of continuous improvement, promptly recording inconsistencies or deficiencies, followed up by immediate corrective action and consultation with all relevant personnel ensures that the PCBU is consistently developing ever-improving systems of safe work principles.

REVIEW NUMBER	1	2	3	4	5	6	7
NAME							
INITIALS							
DATE							





SAFE WORK METHOD STATEMENT REVIEW CHECKLIST

This Safe Work Method Statement Review Checklist is to be followed and used upon initial development of the SWMS to help ensure that all steps have been adequately taken before work commences. Think of this document as an internal audit review checklist before commencing work, and may form part of a Toolbox Talk (safety meeting) and may be used as an opportunity for education and training.

ITEMS WHICH MUST BE INCLUDED IN THE SWMS	COMPLETED	COMMENTS
The company details have been entered, including the project name and address.		
All relevant personnel consulted during the development of the SWMS.		
Name, signature, position and date signed of the person approving the SWMS.		
Specific personnel and qualifications, experience is noted in the SWMS.	7	
Provides a step-by-step process of tasks required to carry out the activity or task.	<u>k</u>	
Adequate risk assessment of any identified hazards has been completed.	\boxtimes	
Foreseeable hazards are identified and documented for each step.		
Any hazards listed in any site risk assessments have been added to the SWM5		
SWMS initial risk (IR) column as well as residual risk (RR) colum mpleted.		
Check control measures added to the SWMS are the most effective selections		
Responsible person is assigned and listed on the property of the important property of the impor		
Permit or licenses requirements specified, sur as Hot Work, Electric Work, Work at Heights etc.		
SWMS identifies plant and equipment to be use		
Details of inspection checks required for any equipment listed on the SWMS.		
Describes any mandatory qualifications, experience, use or skills required to perform the work.		
Applicable personal protective equipment is selected on the SWMS.		
Reflects and documents any legislative references and/or Australian Standards.		
Identifies any hazardous substances used with specific control measures in line with any SDS.		
REVIEWED BY	DATE RE	VIEWED
SIGNATURE	DATE COM	IPLETED