



Plate Pounder

Developed by:	Approved by:	Date created:	Last revision:
Elite Safety Services	Ryan Adams Walter Lavallee	October 23, 2023	
Possible Hazards Present	Personal Protection Required	Additional Training	
<ul style="list-style-type: none"> - Crushing injuries - Dust/Inhalation hazards, allergens (pollen) - Airborne dust - Back strain/sprain - Vibration hazards (MSI) - Exhaust fumes - Noise 	<ul style="list-style-type: none"> - Safety Eyewear - Hearing protection - Respiratory protection (N95) - Work gloves - Hi-vis vest if working near traffic, roadways, etc. - Steel-toe footwear - 	<ul style="list-style-type: none"> - Operator's user guide - Respirator fit testing/training - LOTO 	
<ol style="list-style-type: none"> 1. Conduct a hazard assessment prior to using plate pounder. Ensure any obstructions, holes, pits, or excavations into which the plate pounder could fall into or overturn. Ensure these areas are adequately barricaded or fenced off with appropriate signage. If the area contains any protrusions of rebar, pipes, or conduit—be sure to install protective caps. 2. Refer to any site rules (check to see if exhaust scrubbers or spark arrestors are required for the job). 3. Read and understand the operator's manual. 4. Don PPE before beginning the task, ensuring PPE has been maintained in good condition and fits properly. 5. Inspect the plate pounder. Check for leaks, damage, loose or missing parts, and other defects or hazardous conditions. If any defects are noted, lock out the machine and notify your supervisor. Do not perform field repairs—only qualified personnel are to perform repairs. Ensure you understand all of the safety features of the machine including the E-Stop. 6. If the working area is an enclosed area, ensure there is adequate lighting and ventilation. If necessary, use a CO monitor, properly calibrated and bump tested. 7. Start the engine and check for proper operation. Notify your supervisor if the machine does not function properly. 8. Start the task. The plate pounder will move slowly—do not become complacent. Remain aware of your surroundings and other personnel in the area. Ensure the machine does not pass over your (operator's) feet or other person's feet. 9. If the plate pounder is able to travel in reverse—walk behind and to one side of the machine rather than directly behind it. This will reduce the chances of the plate coming in contact with your feet. 			



10. If the unit becomes stuck in soft or damp ground/material, use caution during the removal process to avoid a back strain/sprain or other musculoskeletal injury. If available, use mechanical assistance using lifting equipment onsite or get help from coworkers.

11. In the event of an emergency situation during operation, or if there is an equipment malfunction, engage the emergency stop (E-Stop) and follow lockout procedures.

12. Never leave the plate pounder running unsupervised. It is possible for the machine to start moving on its own. Stop the engine before leaving the controls for more than a few moments, or if you are leaving the area, or if the machine is out of sight.

13. Upon task completion, shut down the machine and remove it from the working area.

14. Inspect and store the machine properly.

Documentation/Legislation

Workplace Safety and Health Regulations, 2022

- Part 2.1.1 Safe Work Procedures.
- Part 6.1 Personal Protective Equipment.
- Part 8.0 Musculoskeletal Injuries
- Part 12.3, Part 12.4 Hearing Protection.
- Part 16 Machines, Tools & Robots (Lockout)

- Operator's Manual
- CSA Z195.1-16 Guideline on Selection, Care, and Use of Protective Footwear
- CSA Z94.3:20 Eye and Face Protectors
- CSA Z94.2-02 Hearing Protection Devices—Performance, Selection, Care, and Use.

This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.