

**SINGLE POST SHORE SAFETY RULES**  
*As Recommended by*  
**SCAFFOLDING, SHORING AND FORMING INSTITUTE**

It shall be the responsibility of all employers and users to read and comply with the following common sense guidelines which are designed to promote safety in the erection, dismantling and use of single post shoring. These guidelines are not all inclusive nor do they supplant or replace other additional safety and precautionary measures to cover usual or unusual conditions. If these guidelines conflict in any way with any state, provincial, local or federal statute or governmental regulation, said statute or regulation shall supersede these guidelines and it shall be the responsibility of each employee and user to comply therewith and also to be knowledgeable and understand all state, local or federal statutes or governmental regulations pertaining to single post shoring.

**A. GENERAL GUIDELINES**

1. POST THESE SHORING SAFETY GUIDELINES in a conspicuous place and be sure that all persons who erect, dismantle or use shoring are aware of them.
2. FOLLOW ALL STATE, PROVINCIAL, LOCAL AND FEDERAL CODES, ORDINANCES AND REGULATIONS pertaining to shoring.
3. SURVEY THE JOB SITE. A survey by a qualified person shall be made of the job site for hazards, such as untamped earth fills, ditches, debris, high tension wires, unguarded openings and other hazardous conditions. These conditions should be corrected or avoided as noted in the following sections.
4. PLAN SHORING ERECTION SEQUENCE in advance and obtain necessary access equipment to accomplish the work safely.
5. INSPECT ALL EQUIPMENT BEFORE USING. Never use any equipment that is structurally defective in any way. Mark it or tag it as defective, then remove it from the jobsite.
6. A SHORING DRAWING prepared by a person qualified to analyze the loading intended and consistent with the manufacturer's recommended safe working loads, shall be used on the job at all times.
7. ERECT, DISMANTLE OR ALTER SHORING only under the supervision of a qualified person.
8. DO NOT ABUSE OR MISUSE THE SHORING EQUIPMENT.
9. INSPECT ERECTED SHORING: (a) immediately prior to concrete placement; (b) during concrete placement and while vibrating concrete, and (c) after concrete placement until concrete is set.
10. NEVER TAKE CHANCES! IF IN DOUBT REGARDING THE SAFETY OR USE OF THE SHORING, CONSULT YOUR SHORING SUPPLIER.
11. USE SHORING EQUIPMENT only for the purposes or in ways for which it was intended. Use proper tools when installing equipment.
12. ERECTING AND DISMANTLING OF SHORING requires good physical condition. Do not work on shoring if you feel dizzy, unsteady in any way or are impaired in any way by drugs or any other substances.
13. DO NOT USE SHORING SYSTEMS for fall protection.

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**B. USE MANUFACTURER'S RECOMMENDED SAFE WORKING LOADS CONSISTENT** with the height from supporting sill to formwork.

**C. PROVIDE AND MAINTAIN A SOLID FOOTING** to distribute maximum loads properly.

**D. PLUMB ALL POST SHORES AS THE ERECTION PROCEEDS.** Check plumb of post shores JUST PRIOR TO POUR.

**E. CHECK TO SEE THAT ALL CLAMPS, SCREWS, PINS** and all other components are in a **CLOSED OR ENGAGED POSITION.**

**F. MAKE CERTAIN THAT ALL BASE PLATES AND SHORE HEADS ARE IN FIRM CONTACT** with **THE FOOTING SILL AND FORM MATERIAL.**

**G. IF MOTORIZED CONCRETE EQUIPMENT IS TO BE USED,** be sure that post shores are **SPACED AND BRACED WITH THIS FACT IN MIND.**

**H. FOR STABILITY, SINGLE POST SHORES SHALL HAVE ADEQUATE BRACING** provided in the longitudinal, transverse and diagonal directions. Bracing shall be installed as the shores are being erected.

- I. **DEVICES WHICH ATTACH THE STABILITY BRACING** shall be securely fastened to the single post shores.
- J. **DO NOT USE SINGLE POST SHORES MORE THAN ONE TIER HIGH.** Where greater shore heights are required consult the supplier.
- K. **ADJUSTMENT OF SINGLE POST SHORES TO RAISE FORMWORK** shall not be made after concrete is in place.
- L. **AVOID ECCENTRIC LOADS ON U-HEADS, AND TOP PLATES** by centering stringers on those members.
- M. **USE SPECIAL PRECAUTIONS** when shoring from or to sloped surfaces.
- N. **WINDLOAD:** Erector must analyze the forming/shoring system for additional loads imposed from wind loading and provide adequate anchorage to resist these forces, including uplifting wind forces.
- N. **RESHORING** is one of the most critical operations in formwork; consequently, reshoring procedure must be designed by a qualified person and approved by the architect/engineer of record.
- O. **DO NOT BACK-OFF OR STRIP POST SHORES** until proper authority is given.
- P. **USE LUMBER STRESSES** consistent with age, type and condition of available lumber to be used. Use only lumber that is in good condition.

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