

Hazard Review

- **Cuts, abrasions**
- **Eye injury**
- **Muscle strain**
- **Repetitive Strain Injury (including back)**

Related Safe Work Practices

- **Hand Tools**
- **Lifting and Body Mechanics**

Required Personal Protective Equipment

- **Safety Glasses**

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This safe work practice applies to both lever-operated pin changers or foot-operated pin changers.

BEFORE

1. Verify that cutting edges of the pin changer are sharp and in good working condition. The cutting blades should be round and without distortion.
2. Decide where new “hole” (pin) will be placed.

DURING

1. Select a level area of putting surface with at least 3 feet of level green, with sound turf on all sides of new pin placement.
2. Stand with both feet on ground to either side of new pin placement.
3. Holding pin changer perpendicular to turf, grasp handles firmly and rotate cutting blades into turf. Work the pin changer into the turf with a side to side motion of the arms (rocking).
4. Take small “bites” with pin changer, 3 to 4 per hole. Small plugs are easier to work with and reduce stress on arms and back.
5. Lift out plug. Lifting should be done using good lifting technique (see *Lifting and Body Mechanics*).
 - Keep back straight (not necessarily vertical)

- Keep changer close to body
 - Lift with legs
4. Expel plug from changer by foot or hand depending on changer.
- FOOT - Apply gentle pressure; don't force changer if it becomes jammed. Gently tap the top of the cylinder with a small (hand held) sledgehammer (wear safety glasses).
 - HAND – Apply gentle pressure to hand lever.

AFTER

1. Place plugs in reverse order taken out into previous pin locations, so that there is only one hole per green.