



## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Carpenters/Laborers

**Job Task:** Formwork - Form Tilt-Up Walls

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Layout forms</li> <li>➤ Edge forms</li> <li>➤ Install Feature &amp; Recess</li> <li>➤ Install rebar (Ironworkers)</li> <li>➤ Install embeds</li> <li>➤ Install pics &amp; brace pts.</li> <li>➤ Install ledger angle for roof</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Saw Horses to build Recesses</li> <li>➤ Hammer</li> <li>➤ Material Handling Carts</li> <li>➤ Roto Hammer</li> <li>➤ Tool Belt</li> </ul>
<p><b>Potential Risk Factors</b> <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p><b>Forward Back Bending</b></p> <ul style="list-style-type: none"> <li>• Moderate Risk when frequent &amp; sustained forward back bending when building edge forms and installing embeds at ground level.</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Awkward Posture Solutions:</b></p> <ul style="list-style-type: none"> <li>• Minimize awkward back postures by rotating every 2-4 hours between groundwork and building recesses using saw horses or other job tasks involving more upright postures.</li> <li>• Locate sawhorses alongside plywood stacks to allow for sliding of plywood as opposed to lifting.</li> <li>• Stretch frequently, particularly performing back extension stretches</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Increases blood flow to reduce muscle tension.</li> <li>✓ Increases productivity.</li> <li>✓ Reduces exertion of lower back.</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control All-Steel Folding Sawhorses</li> <li>• Engineer Control Standard Duty Air Hammer</li> <li>• Administrative Control</li> <li>• Work Practice Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• \$43.99 for Standard Duty Air Hammer</li> <li>• \$36.99 for All-Steel Folding Sawhorses (Pair)</li> </ul>	