



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Carpenters/Laborers
Job Task: Formwork - Dismantling & Removing Steel Shoring

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Dismantle steel shoring 1 frame at a time. ➤ Then stack 2 frames on top using forklift or crane to un-stack frames. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Hammer ➤ Tool Belt
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Working with Hands Overhead or Elbows Above Shoulders</p> <ul style="list-style-type: none"> • Moderate Risk when manually lowering shoring components down to ground worker during dismantling process. <p>Continuous Extreme Forward Back Bending</p> <ul style="list-style-type: none"> • Moderate Risk with frequent forward back bending for extended periods when manually lowering shoring components down to ground worker during dismantling process. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Moderate Risk when frequently lifting end frames, scaffold planks and extension frames for extended periods of time, particularly when lowering to ground worker, while standing on second frame level. 	<p>Possible Solutions</p> <p>Awkward Posture & Lifting Solutions:</p> <ul style="list-style-type: none"> • Store all materials above ground on material handling carts or stacked pallets for easier lifting and handling. Move all components to specific work location using a forklift or pallet jacks. • Evaluate using forklift or scissor lift to lower all shoring components to ground level as part of dismantling process. • Rotate from ground level to above ground shoring dismantling tasks every 2-4 hours. <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Increases productivity. ✓ Increases blood flow and reduce muscle tension. ✓ Reduces strain on hand and arm muscles. ✓ Reduces exertion of lower back. ✓ Reduces awkward work postures and minimize lifting requirements.
	
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • None 	