



## Soft Tissue Prevention Tool

### Tip Sheets

**Trade:** Carpenters/Laborers  
**Job Task:** Formwork - Erect Tilt-Up Walls

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Install strong backs</li> <li>➤ Erect Panel</li> <li>➤ Secure Panel</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Crane or Wall Jack</li> <li>➤ Hammer</li> <li>➤ Tool Belt</li> <li>➤ Roto hammer</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>Heavy Lifting</b></p> <ul style="list-style-type: none"> <li>• Higher Risk if manually tilting up walls and frequently lifting and carrying materials such as embeds.</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Lifting Solutions:</b></p> <ul style="list-style-type: none"> <li>• Use material handling carts or a forklift to position 40-45 lb embeds high enough to promote upright lifting and handling postures.</li> <li>• Allow for adequate cart aisle space during planning process to minimize lifting and handling demands.</li> <li>• Eliminate extreme lifting demands by using wall jacks or crane to tilt walls into place.</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>✓ Reduced exertion of lower back.</li> </ul>
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Work Practice Control</li> <li>• Engineer Control</li> <li>• Administrative Control</li> <li>Crane</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• Crane Daily Rental Fee</li> </ul>	