



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Carpenters/Laborers

Job Task: Formwork - Installing Stringers and Runners

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Install stringers & runners using Genie Lift or scaffold. ➤ Secure stringers and runners. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Scissor Lift or Scaffold ➤ Hammer ➤ Material Handling Cart ➤ 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 lifting and installing stringers and runners overhead for extended periods of time. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Frequent, heavy lifting of up to 250-280 of stringers runners a day is often required. Lifting is frequently coupled with extended reaching when positioning stringers and runners. 	<p>Possible Solutions</p> <p>Awkward Posture Solutions:</p> <ul style="list-style-type: none"> • Raise and position scissor lift or scaffold as close as feasible to allow elbows to remain close to the body and below shoulder level when installing stringers and runners • Minimize overhead work requirements by rotating between working on the ground and genie lift or scaffold every 2-4 hours. <p>Lifting Solutions:</p> <ul style="list-style-type: none"> • Store all stringers and runners on carts to promote upright lifting and handling postures. • Rotate between working on the ground and genie lift/scaffolding every 2-4 hours. • Allow for adequate cart space during planning process including material location. • Locate all pole shores, stringers and runners as close to the install location as possible. <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Increases blood flow to reduce muscle tension. ✓ Increases productivity. ✓ Reduces exertion of lower back.
	
<p>Feasibility</p> <ul style="list-style-type: none"> • Work Practice Control • Rent Scissor Lift • Administrative Control • Engineer Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • Check Local Equipment Rental Companies 	