
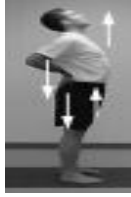


Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Carpenters/Laborers

Job Task: Formwork - Remove Tilt-Up Walls

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Layout forms ➤ Edge forms ➤ Install Feature & recess ➤ Install rebar (Ironworkers) ➤ Install embeds ➤ Install pics & brace pts. ➤ Install ledger angle for roof 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Saw Horses to build Recesses ➤ Hammer ➤ Material Handling Carts ➤ Roto 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 style="text-align: center;">Excessive Forward Back Bending</p>	<p>Possible Solutions</p> <p>Bending Solutions</p> <ul style="list-style-type: none"> • Minimize awkward back postures by rotating every 2 hours between groundwork and building recesses using saw horses or other job tasks involving more upright postures. <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 Roto Hammer All-Steel Folding Sawhorses • Engineer Control Standard Duty Air Hammer • Administrative Control Check Local Equipment Rental Companies • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$43.99 for Standard Duty Air Hammer • \$36.99 for All-Steel Folding Sawhorses (Pair) • Genie Lift Daily Rental Rate 	