


Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Carpenters/Laborers

Job Task: Formwork - Setting Scaffold for Steel Shoring Installation

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Construct steel shoring 2 frames high. ➤ Then stack 2 frames on top using forklift to 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>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 lifting from ground level, overhead to worker on second scaffold level, and when bending down to receive and lift these components while standing on second scaffold level. 	<p>Possible Solutions</p> <p>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 building location using a forklift or pallet jacks to minimize excessive lifting and carrying of parts. • Evaluate using forklift or scissor lift to raise scoring components parts to second frame level for construction of second frame. This will help to eliminate excessive lifting and handling particularly from ground level. • Rotate from ground level to scaffold level or other work tasks every 2-4 hours. • Evaluate commercially available construction shoulder pads for use when carrying heavy materials on shoulders. These pads can help prevent excessive contact stress to the shoulders. <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 frequent heavy and awkward lifting requirements.
	
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control Mobile Scissor Lift • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$685.00 for Mobile Scissor Lift 	