

Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Carpenters/Laborers

Job Task: Formwork - Strip Gang Walls

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Use screw gun to remove plywood sheeting. ➤ Strip and disassemble materials from gang forms. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Saw Horses ➤ Material Stands ➤ Screw gun ➤ Nail Gun ➤ Pry bar ➤ Hammer ➤ Material Handling Carts ➤ Tool Belt
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Extreme Forward Back Bending</p> <ul style="list-style-type: none"> • Moderate Risk when stripping gang forms and unscrewing and removing plywood sheeting. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Moderate Risk may be a Higher Risk job if lifting heavy awkward materials such as plywood frequently. 	<p>Possible Solutions</p> <p>Awkward Posture Solutions:</p> <ul style="list-style-type: none"> • Use a screw-gun with handle extension to remove sheeting if performed at ground level. • Strip forms at least 20 inches above the ground to promote upright postures. Forms can often be elevated on beams or stands. • If screw-gun extension is not available minimize awkward back postures associated with repetitive stripping work by rotating every 2-4 hours between ground work and other tasks that promote upright postures. • Stretch frequently, particularly performing back extension stretches <p>Lifting Solutions:</p> <ul style="list-style-type: none"> • Slide plywood on edge instead of lifting as much as possible. • Use tilt up method to raise materials for easier sliding or lifting. • Use two person crews whenever possible to minimize single person lifting and handling of heavy materials. <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Reduces both the frequency of lifting and awkward lifting postures. ✓ Increases blood flow and reduce muscle tension. ✓ Reduces exertion of lower back. ✓ Increases productivity.
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control Extension • Engineer Control All-Steel Folding Sawhorses • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • Depends on manufacturer • \$36.99 for All-Steel Folding Sawhorses (Pair) 	