



## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Carpenters/Laborers

**Job Task:** Formwork - Wallboard - Screwing Off Panels, Installing Lids and Soffits

<p><b>General Tasks</b></p> <p>➤</p>	<p><b>Common Tools</b></p> <p>➤</p>
<p><b>Potential Risk Factors</b> <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <ul style="list-style-type: none"> <li><b>Working with Hands Above Head or Elbows Above Shoulder</b></li> <li><b>High Hand Grip Force</b></li> <li><b>Bent Wrists/Awkward Position</b></li> <li><b>Highly Repetitive Motion</b></li> <li><b>High Hand/Arm Vibrations</b></li> </ul>	<p><b>Possible Solutions</b></p> <ul style="list-style-type: none"> <li>• Rotate to other installation tasks at least every 3-4 hours.</li> <li>• Use an articulating forklift with wallboard attachment, or panel lift to minimize overhead lifting and supporting of panel.</li> <li>• Use scaffolding at appropriate work heights to minimize awkward wrist bending.</li> <li>• Use low vibration screw guns and/or dampen vibration on existing screw guns by applying a thin layer of viscous material to handle of screw gun.</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Increases productivity.</li> <li>✓ Increases blood flow and reduce muscle tension.</li> <li>✓ Reduces strain on hand and arm muscles.</li> <li>✓ Reduces exertion of lower back.</li> <li>✓ Reduces awkward work postures and minimize lifting requirements.</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control</li> <li>• Administrative Control</li> <li>• Work Practice Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>	