



## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Carpenters/Laborers  
**Job Task:** Housekeeping - Sweeping

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Sweeping as part of general clean-up of debris and water.</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Push Broom</li> </ul>
<p><b>Potential Risk Factors</b>  <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p><b>High Hand Grip Force While Repeatedly Gripping Objects</b></p> <ul style="list-style-type: none"> <li>• Moderate Risk when extensive sweeping requires sustained gripping of broom handle while maintaining awkward static wrist postures. Type of debris and pace of work includes sustained grip requirements. This is primarily a risk factor if sweeping work is performed for more than 4 hours a day.</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>High Grip Force Solutions:</b></p> <ul style="list-style-type: none"> <li>• Rotate to other general clean-up tasks approximately every 4 hours to vary work activities.</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> </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>	