



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Concrete Work

Job Task: Formwork - Layout on Slab Surveyor

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Manual handling of large 4-6" diameter hose to direct and place concrete. A secondary rope hold is also used to help handle the hose. ➤ If pouring concrete above an open deck the direction and major movement of hose is controlled by pump truck operator and hose is suspended above deck. ➤ If pouring concrete under a closed deck, hose dragging is required to place concrete, as hose is not suspended. ➤ Each footing may take up to 5-30 minutes of continuous concrete pouring depending on the size of the footing. ➤ Intermittent recovery time is built in to job tasks when exchanging concrete trucks and waiting for new trucks to arrive. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ 4-6 diameter hose connected to boom of pump truck for directing and placing concrete.
<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 with frequent forward back bending when shooting control lines at ground level. <p>Continuous Squatting</p> <ul style="list-style-type: none"> • Moderate Risk with frequent squatting when holding prism at ground level. <p>Continuous Kneeling with Knee Contact</p> <ul style="list-style-type: none"> • Moderate Risk with frequent kneeling when holding prism at ground level. 	<p>Possible Solutions</p> <p>Awkward Posture Solutions:</p> <ul style="list-style-type: none"> • Minimize awkward back bending, kneeling and squatting by rotating every 1-2 hours between operating the Total Station and holding peanut level and prism at ground level. <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.
	
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control <u>Knee Pads with Velcro Closure</u> • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$19.95 for <u>Knee Pads with Velcro Closure</u> 	