

Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Heavy Highway

Job Task: Asphalt Paving - Extruded Curbing (Manual Loading)

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Setup walk behind extruded curb machine ➤ Heat asphalt ➤ One worker shovels asphalt into curb machine hopper from flat bed truck. ➤ Ground worker generally uses a shovel to funnel asphalt into hopper shoot. ➤ Another ground worker guides Extruded Curb Machine to form and place curbing. ➤ Slight pulling is required. However, the hopper somewhat propels itself when curbing is extruded. ➤ Flat bed truck is frequently pulled forward to help maintain pace of curbing. ➤ One worker manually finishes curbing using a hand trowel as necessary and then sweeps up. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Flat Bed Truck ➤ Walk Behind Extruded Curb Machine ➤ Shovels ➤ Small Hand Trowel ➤ Push Broom
<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 shoveling asphalt for long periods. Higher Risk job if not rotating to other work tasks during the day. <p>High Hand Force Grip with Awkward Wrist Posture</p> <ul style="list-style-type: none"> • Moderate Risk when shoveling asphalt for long periods. Higher Risk job if not rotating to other work tasks during the day. <p>High Hand/Arm and Whole Body Vibrations</p> <ul style="list-style-type: none"> • Moderate Risk when moderate vibration exposure when operating extruded curb machine for extended periods of time. 	<p>Possible Solutions</p> <p>Awkward Posture, Heavy Gripping & Vibration Solutions:</p> <ul style="list-style-type: none"> • Rotate workers between all tasks every 2-4 hours to minimize awkward work postures, heavy gripping and vibration exposure. • Utilize pocket hand warmers to intermittently warm the hands particularly when running extruded curb machine for extended periods of time in cold damp weather. • Maintain extruded curb machine on a regular basis to keep vibration level as low as possible. • Upper & lower body stretches to increase blood flow and reduce muscle tension. • Evaluate the use of commercially available alternative handles that attach to the shaft of the rake to promote upright postures, improve leverage. <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Reduced exertion of lower back because of reduced weight. ✓ Blood flows more freely throughout body and muscles less strained. ✓ Reduced strain on hand and arm muscles. ✓ Reduced fatigue and strain on back and lower extremities.
<p>Feasibility</p> <ul style="list-style-type: none"> • Work Practice Control • Engineering Control • Administrative Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • None 	