

Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Heavy Highway

Job Task: Asphalt Paving - Overlay Work

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Lifting Jack Hammer from stored position on truck. ➤ Operating a Jack Hammer up to 8 hours a day. ➤ Lifting and storing jack hammer on truck. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Jack Hammer (90 lbs)
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Higher Risk when lifting jackhammer when embedded in asphalt or concrete. Also, when using only one person to lift 90 lb jackhammer on and off of truck. <p>High Hand/Arm and Whole Body Vibrations</p> <ul style="list-style-type: none"> • Higher Risk if using a jackhammer for extended periods of time. <p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control • Anti-Vibration Gloves • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$43.99 for Anti-Vibration Gloves 	<p>Possible Solutions</p> <p>Lifting & Vibration Solutions:</p> <ul style="list-style-type: none"> • Train all workers on proper jack hammer work practices including letting the tool do the work while being fully supported by the ground and balancing the tool. • Rotate workers using jackhammer at least every 2 hours. • Utilize heavy impact anti-vibration gloves top minimize vibration exposure. • Use pocket hand warmers to increase blood flow and keep the hands warm during cold/damp weather, particularly when using vibrating tools & equipment. • Run jack hammer and slightly rock back and forth while lifting from embedded position in asphalt or concrete. • If necessary team lift jackhammer from embedded position using two workers. • Evaluate the use of a mechanical power lift or team lift and lower jack hammer from its stored position on the back of the truck. A mechanical lift assist will allow safe lifting and access by a single worker. <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. ✓ Reduces awkward work postures and minimize lifting requirements.
	