



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Heavy Highway

Job Task: Roadway Painting – Hand Striping/Painting

<p>General Tasks</p> <ul style="list-style-type: none"> ➢ Remove paint machine from truck. ➢ Dry ground and remove dust and debris with gas blower. ➢ Use propane torch to dry pavement as necessary. ➢ Lay out boards/templates to mark spray patterns. ➢ Use walk behind painter to apply paint at ground level. ➢ Occasional hand painting using hand held spray gun attached to walk behind painter requiring intermittent bending to ground level. ➢ Manually throw out glass beads to adhere to wet paint and reduce paint glare. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➢ Walk Behind Painter ➢ (Airless Sprayer on Wheels) ➢ Gas Back Pack Blower (~20 lbs) ➢ Propane Torch and Tank (~20 lbs)
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Continuous Forward/Backward Neck Bending</p> <ul style="list-style-type: none"> • Moderate Risk with sustained side bending of neck when looking down and around walk behind paint machine when striping. <p>Continuous Moderate Forward Back Bending</p> <ul style="list-style-type: none"> • Moderate Risk with sustained side bending of back when looking down and around walk behind paint machine when striping. <p>Continuous Extreme Forward Back Bending</p> <ul style="list-style-type: none"> • Moderate Risk with frequent extreme forward bending to ground level when hand painting/striping with hand held sprayer. <p>High Hand Grip Force</p> <ul style="list-style-type: none"> • Moderate Risk with frequent gripping of trigger with 1-2 fingers to control paint flow and mobility of sprayer. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Moderate Risk with intermittent to frequent lifting of heavy walk behind paint sprayer (300-400 lbs). 	<p>Possible Solutions</p> <p>Awkward Posture & Lifting Solutions:</p> <ul style="list-style-type: none"> • Use a paint sprayer extension for ground level hand painting to promote upright work postures. • If using two worker crews, rotate to other job tasks at least every 4 hours to intereven on awkward neck and back postures. • Evaluate the use of a rear view type mirror attached to the front of a paint sprayer at the point of application. If positioned correctly, this may make it easier for a painter to view paint application while maintaining upright neck and back postures. • Use truck lift to always raise and lower walk behind sprayer onto and off of flat bed truck. <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Reduced exertion of lower back because of reduced weight. ✓ Blood flows through body and extremities and muscles are less strained.
<p>Feasibility</p> <ul style="list-style-type: none"> • Work Practice Control • Engineer Control • Administrative Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • None 	