



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Heavy Highway

Job Task: Setting Barrels

<p>General Tasks</p> <p>Beginning of Day</p> <ul style="list-style-type: none"> ➤ Lift barrels from plat bed truck and place on shoulder of roadway. ➤ Drag barrels to restrict designated traffic lane(s). <p>End of Day</p> <ul style="list-style-type: none"> ➤ Lift Barrels and stack on truck to open lane access or slide across roadway onto shoulder. Occasionally signs must also be lifted over guardrail and stored off the shoulder. ➤ Pick up signs and load on truck. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Barrels (~50 lbs w/ weighted base)
<p>Potential Risk Factors</p> <p><i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Repetitive Raising of Hand(s) Overhead, Elbow(s) Above Shoulder</p> <ul style="list-style-type: none"> • Moderate Risk with frequent overhead lifting when loading barrels back on truck. Handle is located on top of the barrel and there are no hand folds on the side. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Moderate Risk with repetitive lifting of barrels on and off of truck 2 times daily. 	<p>Possible Solutions</p> <p>Awkward Posture & Lifting Solutions:</p> <ul style="list-style-type: none"> • Consider using small a boom lift mounted to the back of the truck to lift barrels on and off trucks. • Use two workers to lift and lower barrels from the truck and to load the barrels on the truck at the end of the day. • Evaluate the use of lighter weight barrels. Lighter 25 lb barrels are commercially available. <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 • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • None 	