

Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Masonry

Job Task: Restoration Work - Water Proofing Concrete Slab

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Setup cones, barriers a tape off area to be waterproofed. ➤ Mixing gray coat. (Requires 24 hour dry time). ➤ Once dry, tear down taping and remove cones and barriers. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Mop to apply gray coat. ➤ Respirator is worn during application.
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Continuous Moderate Forward Back Bending</p> <ul style="list-style-type: none"> • Moderate Risk with frequent forward bending postures when applying gray coat to low level trim work. Primarily a risk factor if not using at least a 7-8 foot extension handle to apply gray coat for low level trim work. <p>Continuous Extreme Forward Back Bending</p> <ul style="list-style-type: none"> • Moderate Risk when frequent forward bending postures when applying gray coat to low level trim work. Primarily a risk factor if not using at least a 7-8 foot extension handle to apply gray coat for low level trim work. <p>High Hand Grip with Awkward Wrist Postures</p> <ul style="list-style-type: none"> • Moderate Risk with frequent heavy gripping when dipping mop into and out of bucket to saturate with gray coat. This is primarily a risk factor if not rotating to other tasks at least every 4 hours. <p>Highly Repetitive Hand Motions with High Forceful Hand Exertions</p> <ul style="list-style-type: none"> • Moderate Risk with repetitive arm and shoulder movements when applying gray coat. This is primarily a risk factor if not rotating to other tasks at least every 4 hours. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Moderate Risk with frequent lifting of 5 gallon bucket when applying gray coat, to large area. 	<p>Possible Solutions</p> <p>Awkward Posture, Heavy Gripping & Lifting Solutions:</p> <ul style="list-style-type: none"> • Use light weight aluminum extension handles up to 7-8' in length to promote upright work postures. • Use a portable mechanic's stool to promote comfortable seated mobile work when performing epoxy work below waist level. • Use a bucket dolly with locking casters to easily move 5 gallon buckets around work area when applying gray coat. • Evaluate the use of non-slip soft padded grips on mop handles to reduce grip force requirements. • Rotate to other tasks every 4 hours as feasible to intervene on awkward postures and build in needed recovery time. <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. ✓ Reduces awkward forward bending work postures.
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control Mobile Scissor Lift • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$685.00 for Mobile Scissor Lift 	