


Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Masonry

Job Task: Hodcarrier Block - Continuous Scaffolding

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| <p>General Tasks</p> <ul style="list-style-type: none"> ➤ Lifting/Handling Continuous Scaffolding including offloading, erecting, moving, dismantling & loading scaffolding sections greater than 90 lbs. | <p>Common Tools</p> <ul style="list-style-type: none"> ➤ Continuous Scaffolding |
| <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 manually lifting heavy continuous scaffolding. | <p>Possible Solutions</p> <p>Lifting Solutions:</p> <ul style="list-style-type: none"> • Use forklifts to lift and move continuous scaffolding. • Team lift all continuous scaffolding with at least 2-3 workers to reduce lifting requirements. • Instruct all workers on proper lifting techniques including individual worker & team lifting. <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. |
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| <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 | |