

Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Masonry

Job Task: Hodcarrier Block - Erecting Scaffold

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Lifting/Handling Scaffolding including offloading, erecting, moving, dismantling and loading the following scaffolding components. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ 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 frequently lifting scaffolding frames and planks from ground level. 	<p>Possible Solutions</p> <p>Lifting Solutions:</p> <ul style="list-style-type: none"> • Use forklifts to lift scaffolding parts and sections. • Limit manual lifting and carrying to one frame at a time. • Instruct all workers on proper lifting techniques including individual worker & team lifting. • Stack frames vertically/standing up for easier manual lifting and handling. • Tip a flat lying frame upright before lifting it. • Manually lift & carry only one plank at a time per worker. • Team lift with 2 workers wet or otherwise heavy planks. • Use tilt up walk up method of lifting planks to promote upright lifting postures. • Keep planks clean to reduce lifting requirements (eliminate mortar build-up). • Consider using continuous scaffolding and lift move with forklift to reduce manual handling requirements. <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.
<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 	