



## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Miscellaneous Tasks

**Job Task:** Moving Equipment (Material Handling)

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Daily moving of equipment and materials around job site.</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Mechanical equipment used to move materials and smaller equipment around jobsite.</li> </ul>
<p><b>Potential Risk Factors</b> <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p><b>Heavy Lifting</b></p> <ul style="list-style-type: none"> <li>• Moderate Risk with heavy lifting of materials and equipment from ground level.</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Lifting Solutions:</b></p> <ul style="list-style-type: none"> <li>• Use mechanical equipment such as crane, forklift or backhoe as often as possible to move heavy materials and equipment</li> <li>• Use team lift approach if mechanical aid is not available or wait for mechanical aid.</li> <li>• Particularly use mechanical aid or team lift approach for material or equipment weighing greater than 90 lbs.</li> <li>• Limit manual lifting of all materials and equipment weighing greater than 90lbs.</li> <li>• Limit loads of multiple pieces of material to 70 lbs or less.</li> <li>• For heavy loads use walk-up, tilt-up handling method and slide materials whenever possible.</li> <li>• Limit all material handling requirements through job site planning and placing materials as close to work location as possible and use pallet jacks or other material handling equipment whenever possible.</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Increases productivity.</li> <li>✓ Increases blood flow and reduce muscle tension.</li> <li>✓ Reduces exertion of lower back.</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control Mobile Scissor Lift</li> <li>• Administrative Control</li> <li>• Work Practice Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• \$685.00 for Mobile Scissor Lift</li> </ul>	