


## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Painting  
**Job Task:** Hand Painting

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Masking</li> <li>➤ Manual rolling</li> <li>➤ Hand Brushing</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Paint Brushes &amp; Rollers</li> <li>➤ Swing Stage or Scaffold</li> <li>➤ Material Hoist to supply paint to swing stage workers</li> <li>➤ Gloves</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>High Hand Grip Force</b></p> <ul style="list-style-type: none"> <li>• Moderate Risk with heavy gripping when using pole extensions and applying pressure to paint extremely porous surfaces such as masonry block.</li> </ul> <p><b>Highly Repetitive Motion</b></p> <ul style="list-style-type: none"> <li>• Moderate Risk with continuous repetitive wrist and arm motions for extended periods of time. Higher Risk job if frequently working extended overtime hours.</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Heavy Gripping &amp; Repetitive Motion Solutions:</b></p> <ul style="list-style-type: none"> <li>• Rotate to other tasks every 4 hours as much as possible.</li> <li>• Evaluate the use of commercially available paint brush handles that help eliminate awkward wrist postures.</li> <li>• Alternate painting between both hands frequently to promote recovery from static grip postures.</li> <li>• Apply non-slip padded grips to extension poles and brush handles to reduce grip force requirements and reduce contact stress to hands.</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 strain on hand and arm muscles.</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control Ergonomic Paint Brush</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>• Depends on size</li> </ul>	