



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Site Development

Job Task: Soil Preparation and Compaction - Chipping

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Use Chipping Hammer 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Chipping Hammer
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Moderate Forward Back Bending</p> <ul style="list-style-type: none"> • May be a Higher Risk job if using a chipping hammer at or near ground level for extended periods. <p>High Hand, Arm and Whole Body Vibrations</p> <ul style="list-style-type: none"> • May be a Higher Risk job if using a chipping hammer for extended periods without anti-vibration hand protection and in cold weather conditions. 	<p>Possible Solutions</p> <p>Awkward Posture Solutions:</p> <ul style="list-style-type: none"> • Minimize sustained awkward back postures by rotating to other tasks at least every 2 hours. • Stretch frequently, particularly performing back extension stretches to increase blood flow and reduce muscle tension. <p>Vibration Solutions:</p> <ul style="list-style-type: none"> • Chipping hammer vibration exposure may be minimized by: <ul style="list-style-type: none"> *task rotation at least every 2 hours; *using lighter weight tools to reduce grip force requirements; *using low vibratory tools; *using anti-vibration gloves or vibration dampening materials. *limiting the use of heavy vibrating tools to 2-4 hours a day; *using pocket hand warmers to increase blood flow and keep the hands warm during cold weather, particularly when using vibrating equipment. <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Reduces Vibration Exposure. ✓ Reduces exertion of lower back. ✓ Increases blood flow to reduce muscle tension.
	
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control Anti-Vibration Gloves • Work Practice Control • Administrative Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$43.99 for Anti-Vibration Gloves (Pair) 	