



## Soft Tissue Injury Prevention Tool

### Tip Sheets

Trade:           Transportation  
Job Task:       Heavy Haul Computer Cab Use

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| <p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Cab Computer Use</li> </ul>   | <p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Laptop</li> </ul>   |
| <p><b>Potential Risk Factors</b></p> <p><i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p><b>Moderate Forward Back Bending in a Static Posture</b></p> <ul style="list-style-type: none"> <li>• Depending on placement of laptop and the height and reach of the driver significant bending in a forward leaning position will cause lower back discomfort.</li> </ul> <p><b>Extended Reach Requirements</b></p> <ul style="list-style-type: none"> <li>• Depending on the placement of the laptop in the cab and the height of the driver significant reach out of neutral postures can cause significant wrist, arm and shoulder pain radiating up into the neck.</li> </ul> | <p><b>Possible Solutions</b></p> <p><b>Awkward Posture Solutions:</b></p> <ul style="list-style-type: none"> <li>• Install and use a laptop stand mounted in the truck cab with a reach of 20 inches or less. Install at a height to allow the arm and forearm to be as close to a 90 degree angle as possible</li> <li>• Stretch frequently, particularly performing back extension stretches to increase blood flow and reduce muscle tension.</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Reduces reach and bending at the waist while seated requirements when doing seated computer work in the truck cab</li> <li>✓ Reduces exertion of lower back.</li> <li>✓ Increases blood flow to reduce muscle tension.</li> </ul> |
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| <p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control<br/>Articulating Laptop Stand for Truck Cabs</li> <li>• Work Practice Control</li> <li>• Administrative Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• \$350.00 for the equipment with installation done by others. Readily available online</li> </ul> <p><a href="http://www.prodesks.com/pro-desk-enforcer-max.htm">http://www.prodesks.com/pro-desk-enforcer-max.htm</a></p>   |   |