




Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Transportation
Job Task: Local Delivery Entry and Exit Load and Unload

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Local Delivery Truck 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Hand Truck
<p>Potential Risk Factors</p> <p><i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Moderate Extended Reach When Stepping in and out of the Vehicle</p> <ul style="list-style-type: none"> • Without additional step placement many vehicles require significant lift of the foot and leg when climbing into and out of the vehicle. Additionally poor handholds to assist when entering and exiting the vehicle can cause a person to slip or strain and cause an acute ergonomic injury. 	<p>Possible Solutions</p> <p>Awkward Posture Solutions:</p> <ul style="list-style-type: none"> • Add steps or lower foot placement devices to reduce awkward back and leg postures when entering or exiting the truck Stretch frequently after exiting the vehicle by using extension stretches to increase blood flow and reduce muscle tension. <p>Hand Hold Solutions:</p> <ul style="list-style-type: none"> • Install handholds or additional handholds at entry points into the vehicle. Place the handholds at an appropriate height that is approximately shoulder height for the driver of the vehicle <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Reduces exertion on the arms and shoulders ✓ Reduces exertion of lower back and leg muscles ✓ Increases blood flow to reduce muscle tension.
	 
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control PerryCraft Hand Holds and Go Rhino! D360B Dominator Black HitchStep • Work Practice Control • Administrative Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$75.00 Cost of Hand Holds Plus Installation HitchStep \$100.00 no installation required 	