

Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Carpenters/Laborers

Job Task: Finish Carpentry - Installing Cabinetry

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Layout - 1 person performs layout of cabinetry in each room/office (~ 5 min/room) ➤ Drill holes in wall for Zip Clips (8 holes/clip X 2 clips/room = 16 holes/room). ➤ Install Zip Clips. ➤ Break off Zip Clips ➤ Hand aluminum Egan Clip ➤ Install screws to secure Egan Clips ➤ Tighten all screws with cordless screw gun. ➤ Hang cabinets on Egan Clips. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Hammer ➤ Prybar ➤ 18V Cordless Screw Gun (4-5 lbs) ➤ Drill ➤ Tool Belt ➤ Door Cart ➤ Material Handling Carts ➤ Electric Miter Saw ➤ Sawzal
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Repetitive Raising of Hands Overhead, Elbows Above Shoulders</p> <ul style="list-style-type: none"> • Moderate Risk when repetitively working with hands overhead to layout walls, drill holes, install and break Zip Clips, install Egan Clips, particularly if performing these tasks for extended periods each day. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Moderate Risk if manually lifting, carrying, and positioning cabinets without use of material handling carts and a second worker for team lifting and positioning of cabinets onto Egan Clips. 	<p>Possible Solutions</p> <p>Awkward Posture Solutions:</p> <ul style="list-style-type: none"> • Rotate between layout, drilling, and installation tasks approximately every 4 hours to vary work postures and intervene on repetitive work. • Use carts or saw horses to allow cutting and drilling work to be performed while standing. • Utilize small portable step stool or bench to enable all cabinetry work tasks to be performed with elbows below shoulder level. <p>Lifting Solutions:</p> <ul style="list-style-type: none"> • Use material handling carts to move all cabinets. • Keep aisles, hallways and offices clear of debris and materials to maximize the use of carts for moving cabinetry and installation parts. • Evaluate the use of a mechanical cabinet jack to lift and position cabinetry for install. <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Increases productivity. ✓ Increases blood flow and reduce muscle tension. ✓ Reduces strain on hand and arm muscles. ✓ Reduces exertion of lower back. ✓ Reduces cumulative fatigue and increase blood flow to the upper extremities.
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • None 	 