Soft Tissue Injury Prevention Tool

Tip Sheets   **Trade:** Carpenters/Laborers
Job Task: Finish Carpentry - Trim Work

General Tasks
  ➢ Measure to fit.
  ➢ Cut case work to size as necessary.
  ➢ Install case work.

Common Tools
  ➢ Hammer
  ➢ 18V Cordless Screw Gun
  ➢ Finish nail gun
  ➢ Portable compressor
  ➢ Utility Knife
  ➢ Tool Belt
  ➢ Material Handling Carts
  ➢ Electric Miter Saw

Potential Risk Factors
Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)

Continuous Kneeling with Knee Contact
  • Moderate Risk primarily when working at ground level installing low level case work and kneeling to cut at ground level.

Possible Solutions
Awkward Posture Solutions:
  • Rotate to other carpentry tasks such as hanging doors approximately every 4 hours to intervene on awkward kneeling postures associated with repetitive below knee level trim work installation.
  • Use carts or saw horses to allow all cutting to be performed while standing.
  • Evaluate the use of a small portable mechanics stool to promote comfortable low level seated work as an alternative to kneeling.
  • For all required kneeling work, use sorbathane or equivalent knee pads to avoid knee stress.

Potential Benefits
  ✓ Increases productivity.
  ✓ Increases blood flow and reduce muscle tension.
  ✓ Reduces strain on hand and arm muscles.
  ✓ Reduces exertion of lower back.
  ✓ Reduces contact stress to the knees.

Feasibility
  • Engineer Control
     Knee Pads with Velcro Closure
  • Administrative Control
  • Work Practice Control

Estimated Cost of Intervention
  • $19.95 (Approx) for Pair of Knee Pads with Velcro Closure