



## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Carpenters/Laborers  
**Job Task:** Formwork - Strip Footings

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Manually strip formwork and scrape off concrete as needed to reuse forms.</li> <li>➤ Stack material in designated location to be reused or moved offsite.</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Hammer</li> <li>➤ Pry Bar</li> <li>➤ Sledge Hammer</li> <li>➤ Tool Belt</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>Heavy Lifting</b></p> <ul style="list-style-type: none"> <li>• Moderate Risk with frequent lifting and lowering of materials weighing up to 55 lbs. Most materials can be team lifted or lifted near waste level when using tilt up-walk up method of lifting. May be a HIGHER RISK job if a single worker frequently lifts 70 lb panels instead of team lifting or using crane to move heavy materials.</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Lifting Solutions:</b></p> <ul style="list-style-type: none"> <li>• Slide panels on edge instead of lifting whenever possible.</li> <li>• Use tilt up method to lift panels and other materials for easier sliding or lifting.</li> <li>• Team lift all materials weighing greater than 50 lbs and when moving multiple pieces of materials.</li> <li>• Limit the carrying of multiple pieces of materials to no more than 50-60 lbs per load.</li> <li>• Load materials into storage bin or on pallets to be moved by crane whenever possible.</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Increases productivity.</li> <li>✓ Increases blood flow and reduce muscle tension.</li> <li>✓ Reduces strain on hand and arm muscles.</li> <li>✓ Reduces exertion of lower back.</li> <li>✓ Minimizes lifting requirements.</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control</li> <li>• Administrative Control</li> <li>• Work Practice Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>	