


Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Masonry

Job Task: Hodcarrier Block - Stocking Mortar

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Stocking mortar for masons. ➤ Lifting, loading & unloading mortar bags from wheelbarrow. 	<p>Common Tools</p> <ul style="list-style-type: none"> ➤ Wheelbarrow
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>High Hand Grip Force With Awkward Wrist Postures</p> <ul style="list-style-type: none"> • Higher Risk with heavy frequent gripping of wheelbarrow handles when transporting multiple mortar bags at one time. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Higher Risk with heavy manual lifting of mortar bags from knee to waist level. 	<p>Possible Solutions</p> <p>Heavy Gripping & Lifting Solutions:</p> <ul style="list-style-type: none"> • Distribute mortar by forklift/tub. • Evaluate the use of a 2-4 wheel, wheelbarrow and limit wheelbarrow load to approximately 3 bags of mortar for continuous runs. • Rotate to other tasks non-lifting tasks every hour. <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 awkward work postures and minimize lifting requirements.
	
<p>Feasibility</p> <ul style="list-style-type: none"> • Engineer Control Concrete Placement Bucket • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • Depends on size 	