


Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Masonry
Job Task: Lifting/Handling Scaffolding Frames

<p>General Tasks</p> <p>➤</p>	<p>Common Tools</p> <p>➤</p>
<p>Potential Risk Factors <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p>Excessive Lifting</p>	<p>Possible Solutions</p> <p>Lifting Solutions</p> <ul style="list-style-type: none"> • Use forklifts. • Lift/Carry one frame at a time (manually) • Teach/use proper lifting techniques including individual worker & team lifting • Stack frames standing up for manual lifting. • Tip a flat lying frame upright before lifting it. • Consider use of continuous scaffolding. <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 Mobile Scissor Lift • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$685.00 for Mobile Scissor Lift 	