


## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Masonry

**Job Task:** Hodcarrier Block - Mixing Mortar

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Lift and dump bags of mortar into wheelbarrow, etc.</li> <li>➤ Use shovel to mix mortar and water.</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Shovel to mix mortar</li> <li>➤ Hopper</li> <li>➤ Wheelbarrow</li> </ul>
<p><b>Potential Risk Factors</b> <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p><b>High Hand Grip Force While Repeatedly Gripping Objects</b></p> <ul style="list-style-type: none"> <li>• Higher Risk when gripping bags while lifting.</li> </ul> <p><b>High Hand Grip Force With Awkward Wrist Postures</b></p> <ul style="list-style-type: none"> <li>• Higher Risk when gripping bags while manually lifting from ground level.</li> </ul> <p><b>Heavy Lifting</b></p> <ul style="list-style-type: none"> <li>• Higher Risk when frequently manually lifting heavy bags of mortar from ground level.</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Awkward Posture, Heavy Gripping &amp; Lifting Solutions:</b></p> <ul style="list-style-type: none"> <li>• Use a silo for large projects.</li> <li>• Use small bags (50 lbs max), or cut large bags in half.</li> <li>• Raise bags to mid thigh level using pallets, etc., and lift bags close to body.</li> <li>• Rotate to other tasks that do not involve heavy gripping and lifting.</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>✓ Reduces awkward work postures and minimize lifting requirements.</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control Concrete Placement Bucket</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>• Depends on size</li> </ul>	