



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Masonry

Job Task: Hodcarrier Block - Stocking Block

<p>General Tasks</p> <ul style="list-style-type: none"> ➤ Stocking block for Masons ➤ Lifting, loading & unloading block 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 frequent gripping of blocks when lifting. <p>Heavy Lifting</p> <ul style="list-style-type: none"> • Higher Risk when repeatedly lifting blocks from knee to waist level when loading and unloading blocks. 	<p>Possible Solutions</p> <p>Heavy Gripping & Lifting Solutions:</p> <ul style="list-style-type: none"> • Rotate to other tasks (e.g., mixing mortar, stocking mortar, site clean-up, scaffold/plank moving, using grout hose, other misc. hodcarrier tasks). • Place pallets as close to required location as possible (w/ forklift). • String out materials along scaffold. • Consider using 1/2 pallets of block. • Lift blocks close to the body (step close to blocks or slide blocks close). • Consider hand truck distribution of block with cubing/banding. • Consider use of block buggies. • Present pallets loaded with Block right side up so flange can be gripped on top. <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 250lbs Capacity Hand Truck • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$19.95 for 250lbs Capacity Hand Truck 	