



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Sheet Rock
Job Task: Lifting Wallboard

<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>Heavy Lifting</p>	<p>Possible Solutions</p> <p>Lifting Solutions:</p> <ul style="list-style-type: none"> • Use 2 or more workers to lift larger panels. • Use a panel lift to reduce material handling requirements. • Always start manual wallboard lifts between knee and waist height, close to body by tilting up one end of the wallboard before lifting and/or using a panel carrier. <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 Drywall Panel Lift • Administrative Control • Work Practice Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • \$630.00 for Drywall Panel lift 	