



## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Sheetrock

**Job Task:** Loading Panels onto Carts

<p><b>General Tasks</b></p> <p>➤</p>	<p><b>Common Tools</b></p> <p>➤</p>
<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>Excessive Lifting</b></p>	<p><b>Possible Solutions</b></p> <p><b>Lifting Solutions</b></p> <ul style="list-style-type: none"> <li>• Train workers to use proper team lifting techniques (using 2 workers).</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>• Work Practice Control</li> <li>• Engineering Control</li> <li>• Administrative Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>	