



Soft Tissue Injury Prevention Tool

Tip Sheets

Trade: Sheetrock

Job Task: Sanding

<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>Working with Hands Above Head or Elbows</p> <p>Above Shoulders</p> <p>Highly Repetitive Motion</p>	<p>Possible Solutions</p> <ul style="list-style-type: none"> • Rotate to other tasks at least every 4 hours -Alternate between using the box, bazooka, and other tools such as trowel, sanding, etc. <p>Potential Benefits</p> <ul style="list-style-type: none"> ✓ Increases productivity. ✓ Increases blood flow and reduces muscle tension. ✓ Reduces strain on hand and arm muscles.
<p>Feasibility</p> <ul style="list-style-type: none"> • Work Practice Control • Engineer Control • Administrative Control <p>Estimated Cost of Intervention</p> <ul style="list-style-type: none"> • None 	