


## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Site Development

**Job Task:** Soil Preparation and Compaction - Heavy Equipment Use for Grading, Packing and Back Fill Operators

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Back Hoe</li> <li>➤ Bob Cat</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Back fill, grading and packing with heavy equipment.</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>Whole Body Vibration</b></p> <ul style="list-style-type: none"> <li>• Moderate Risk when performing seated work while operating heavy equipment for extended periods.</li> </ul>	<p><b>Possible Solutions</b></p> <ul style="list-style-type: none"> <li>• Intervene on seated work every 2-4 hours by standing, walking and stretching back muscles to reduce back fatigue and tension.</li> <li>• Take advantage of all seat adjustments to best position and enhance back support. Ideally the most curved part of the seat should fit the most curved part of the back.</li> <li>• As feasible, retrofit heavy equipment seating with adjustable air seats to enhance whole back support and dampen whole body vibration.</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Reduces exertion of lower back.</li> <li>✓ Increases blood flow to reduce muscle tension.</li> <li>✓ Increases productivity.</li> <li>✓ Reduces strain on body.</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control Vibration Reducing Seat</li> <li>• Work Practice Control</li> <li>• Administrative Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• Depends on manufacturer</li> </ul>	