



15 tips to reduce sprains and strains in construction

Reducing injuries increases production.

The best way to reduce injuries, increase production, and save money is to encourage positive attitudes toward health and safety. This can be done by training workers, investigating accidents, and planning work to reduce risks. Taking some time to focus on safety will help your company:

- Increase production and meet deadlines
- Stay within budget
- Improve work quality
- Reduce musculoskeletal injuries (MSIs)
- Lower absenteeism

Here are 15 easy tips that will improve your worksite:

1. Use the right tools for the job. For example, use lag screws and sockets made for cordless drills to ratchet down bolts instead of using traditional hand ratcheting.
2. Use tools with secondary handles to help distribute the force over both hands and arms.
3. Use lightweight pneumatic hoses with swivel connectors to reduce the weight of the hose and make it easier to use the tool.
4. When tying rebar or screwing down decks, use drivers with extended handles so the work can be done standing up.
5. Use a laser scope on chop saws to improve accuracy and reduce awkward postures of the back and neck.
6. Use battery powered caulking guns to increase speed and reduce force. Battery operated guns dispense a standard 11-oz. cartridge in less than two minutes.
7. When working or cutting, use a sawhorse or workbench to reduce back bending. Use a truck tailgate, if necessary.

8. Add a 2 X 4 to the top of the sawhorse to raise the work to a more appropriate level, if necessary. An inch is worth a mile when it comes to reducing ergonomics risks.
9. Use a ladder hoist operated from ground level to deliver shingles and other material to the roof. Ladder hoists eliminate the need to carry materials up to roof height.
10. When laying masonry blocks, adjust scaffolding to position the bricks so they are about 1 m (3 ft.) high for the worker.
11. When hanging drywall overhead, use plasterboard lifts to raise the board and hold it in place at the desired height while fastening it.
12. Stack materials in appropriate work piles to reduce double and triple handling when looking for materials.
13. Organize tools in the truck to reduce tool damage and searching time.
14. Position work materials (for example, lumber, tools, and rebar) close to the work location to reduce walking and carrying.
15. Use shoe or boot inserts to reduce stress on the back and legs from standing and walking all day.

Schedule enough workers to do the job.

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