

Soft Tissue Injuries

Orthopedic injuries are the top type of employee injury. The problem is that everything on a construction jobsite is heavy! This safety topic focuses on your personal safety, objects and working at awkward postures can put you at risk. Be safe, slow down and think about the load. Use lifting equipment, break down the load or use excavators to help move the load. Be safe and don't risk your health while lifting.

BE SAFE!

How We Injure Our Muscles & Joints

- ✓ Lifting loads that are too heavy, repetitive lifting
- ✓ Falling or slipping while carrying a load
- ✓ Taking shortcuts, not using proper walk paths
- ✓ Carrying bulky objects, with arms outstretched
- ✓ Twisting while lifting, instead of turning on our feet
- ✓ Losing grip, causing the load to shift
- ✓ Carrying objects that are too heavy
- ✓ Uneven walking surfaces
- ✓ Climbing stairs while carrying heavy objects
- ✓ Lifting with the spine instead of the legs

Common Orthopedic Injuries

- ✓ Shoulders – rotator cuff tears
- ✓ Knees – knee cartilage meniscus tears
- ✓ Ankles – sprains and fractures
- ✓ Neck – ligament tears



What machines can help you lift heavy equipment or supplies?
Make the machine do the work –
Not your spine!



What can you do?

- ✓ Break down loads. Break a case of 6 down to two loads of three. Don't carry entire bundles – break them down.
- ✓ Use a machine – what machines on the jobsite can do the lifting for you? Skid steer, loader, pickup truck?
- ✓ Use extension cords and longer air hoses, and leave generators, welders and compressors in the truck.
- ✓ Use wagons, dollies to move tool boxes & supplies
- ✓ Team lift – ask a coworker to share the load.
- ✓ When getting supplies delivered, get them unload as close to possible to where they are needed.
- ✓ Pick up trip hazards on stairs, walkways and use gravel to make ramps over footings or concrete pad edges.
- ✓ Wear proper footwear for the jobsite – no tennis shoes.



Many utility components are just too heavy to lift. Don't try it!

These bags are labeled 80 lbs. Many product weights are displayed! Don't hurt yourself!