

Protect your injury hot spots

Carpenters

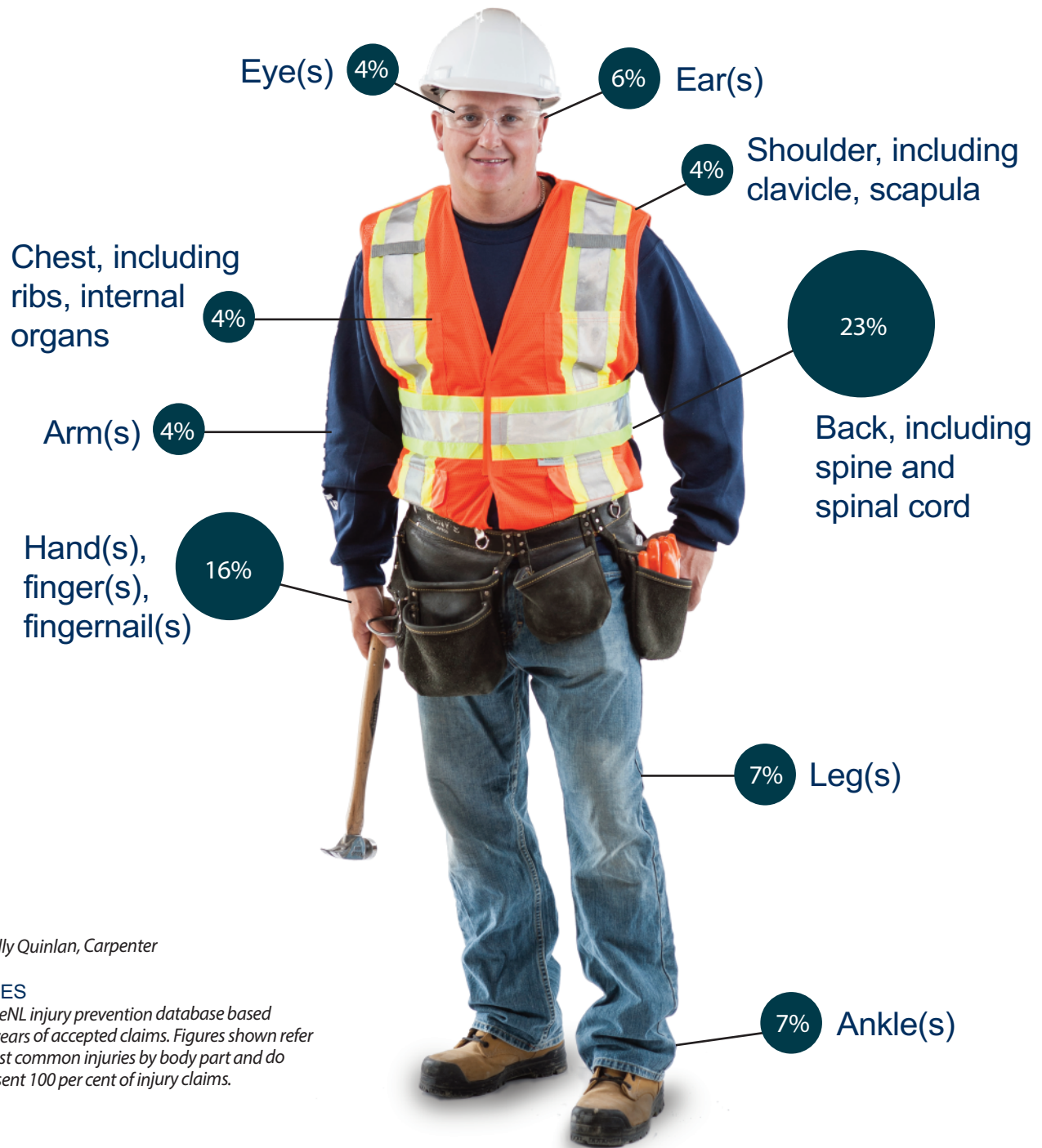


photo: Billy Quinlan, Carpenter

SOURCES

WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

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COMMON INJURIES FACTS

Injury Hotspots Carpenters



Prevention Tips

LIFTING, PUSHING, PULLING AND HANDLING MATERIALS

- Heavy or awkward loads should have lifting points or handles fitted.
- Ensure to lighten your load by planning ahead for the task to be performed and carry only the tools or equipment that is required for that task.
- All loads if possible should be transported to the work area using the appropriate equipment, e.g. cart or trolley.
- Avoid lifting manually where possible; use a lifting aid or device where it is practical to do so.
- Use the proper personal protective equipment that is suited to the task being performed, e.g. boots, puncture/impact resistant gloves, knee pads.

SLIPS, TRIPS AND FALLS

- Ensure that all floors are level throughout work areas and obstructions that can pose any risks are removed.
- Workers footwear, and all floor surfaces, should be of a non-slip nature.
- There should be good housekeeping at all work sites including the removal of unwanted materials.
- Work materials such as tools and equipment should be handled and positioned properly to avoid tripping hazards.
- Adequate procedures such as warning signs and barriers should be in place when necessary to avoid slips, trips and falls.

USING POWER AND HAND TOOLS

- Ensure to avoid gripping or forcing a tool more than is necessary.

- Reduce the amount of time a tool is used by rotating workers through a variety of tasks in order to reduce individual exposure times.
- Always use power tools that are low-vibration, lightweight, noise restricted when possible. Tools should also be ergonomically designed to ensure increased comfort when being used.
- Ensure to use work gloves that absorb impact energy, provide protection from sharp edges, and be puncture resistant.

NOISE

- Ensure that workers are supplied with and wear hearing protection when using power tools.
- Prevent hearing loss by using the quietest powered equipment possible.
- Equipment should be inspected for noise to ensure all panels and guards are correctly fitted and not rattling or vibrating in order to reduce noise level.
- Ensure to separate workers from noisy activities when possible.

REPETITIVE WORK/AWKWARD POSTURES

- Reduce exposure to any single stressor, e.g. static postures such as kneeling, by rotating job tasks frequently.
- Take frequent breaks.
- Ensure that all tasks involving repetitive hand and arm movements are performed between shoulder and waist height.
- Select appropriate work equipment/tools that can aid in reducing repetitive work or eliminate awkward postures.

EYE PROTECTION

- Wear CSA approved protective eyewear that is appropriate to the conditions of the workplace.

For additional information please contact:

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