



## CONCRETE REINFORCING

### Contact stress to hands can increase risk of MSI

**Contact stress to the hands is a common risk factor for musculoskeletal injury (MSI).**

Rod workers perform tasks that place large forces on small areas of the body. Some tasks involving contact stress include using pliers and side cutters, and shaking out rods. Contact stress can increase the risk of MSI.

#### Examples of MSI risk

- Tools that dig into the hand
- Rough-edged material in contact with soft tissue
- Bony body parts in contact with hard surfaces

#### Contributing factors

- Dull pliers
- Using the wrong pliers for the job



*Typical contact stress points on the hand*

#### MSI control options



*Use well-designed tools. Longer, well-contoured, wider handles spread the pressure on the hand over a larger area.*



*Wear gloves. An extra layer of fabric between the hand and the tool reduces pressure points on the palm.*

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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