Adapted from the Ohio Bureau of Workers’ Compensation *Ergonomics Best Practices for Construction Industries*

<table>
<thead>
<tr>
<th>Situation</th>
<th>Reasons for Concern</th>
<th>Interventions/Best Practices</th>
<th>Results (° per 200,000 hours worked)</th>
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</table>
| Moving bulky materials (e.g. bricks, block, lumber, bags of cement, etc.) over rough terrain | • Stress on the spine  
• Risk of back and shoulder injuries                                                | Rough terrain forklifts                          | Reduced musculoskeletal disorders (MSDs)  
• Incident rate° from 2.1 to 0  
• Days lost from 329 days° to 0  
• Restricted 32.7 days° to 0  
• Turnover rate° 21.6 to 11.7  
• Average risk factor score 41.8 to 28.3 |
| Moving appliances and HVAC Units up stairs                                  | • Stress on the spine  
• High risk of back injury                                                         | Powered dollies                                   | Reduced MSDs  
• Incident rate° from 14.9 to 0  
• Days lost from 29.8 days° to 0  
• Restricted 19.8 days° to 0  
• Turnover rate° 79.3 to 31.6  
• Average risk factor score 30.2 to 29.7 |
| Laying bricks or block to a structure                                       | • Stress on spine from bending and twisting with heavy, awkward loads  
• Risk of shoulder disorders and low back pain                                      | Adjustable scaffolding                           | Reduced MSDs  
• Turnover rate° 47.5 to 27.9  
• Average risk factor score 31.3 to 30.3 |
| Digging, lifting, grading and carrying earth material                       | • Stress on the hands, shoulders and back  
• Risk of musculoskeletal disorders in these areas                                   | Skid steerer                                      | Reduced MSDs  
• Incident rate° from 17.4 to 12.2  
• Restricted 17.4 days° to 16.2 days°  
• Average risk factor score 32.5 to 20.1 |
| Screeding concrete (manually smoothing the concrete surface)                | • Stress on the fingers and hands  
• Risk of low back pain                                                              | Laser guided screed equipment                    | Reduced MSDs  
• Turnover rate° 202 to 138  
• Average risk factor score 45 to 1 |