

Adapted from the Ohio Bureau of Workers' Compensation [Ergonomics Best Practices for Construction Industries](#)

Situation	Reasons for Concern	Interventions/Best Practices	Results (° per 200,000 hours worked)
Moving bulky materials (e.g. bricks, block, lumber, bags of cement, etc.) over rough terrain	<ul style="list-style-type: none"> • Stress on the spine • Risk of back and shoulder injuries 	Rough terrain forklifts	Reduced musculoskeletal disorders (MSDs) <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Stress on the spine • High risk of back injury 	Powered dollies	Reduced MSDs <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Stress on spine from bending and twisting with heavy, awkward loads • Risk of shoulder disorders and low back pain 	Adjustable scaffolding	Reduced MSDs <ul style="list-style-type: none"> • Turnover rate° 47.5 to 27.9 • Average risk factor score 31.3 to 30.3
Digging, lifting, grading and carrying earth material	<ul style="list-style-type: none"> • Stress on the hands, shoulders and back • Risk of musculoskeletal disorders in these areas 	Skid steerer	Reduced MSDs <ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Stress on the fingers and hands • Risk of low back pain 	Laser guided screed equipment	Reduced MSDs <ul style="list-style-type: none"> • Turnover rate° 202 to 138 • Average risk factor score 45 to 1