ArcFlash



SAFETY COMMITTEE NEWS BULLETIN IN PARTNERSHIP WITH CONSTRUCTION SAFETY COUNCIL

The Pains of Strains and Sprains

By: Construction Safety Council

Members of the IBEW Local Union 701 have reported strains and sprains as the most common injury sustained by workers during the past year. This trend is confirmed in OSHA reports submitted by local contractors. Not only are these the most common type of injury, but they are also the most costly.

Physical impairment of the back, knees, shoulders, hands, and wrists can be prevented. This requires a shared commitment by employers and employees to a proactive strategy that includes:

- Avoiding lifting activity without proper equipment and practice
- Training to reduce muscle strain and discomfort
- Providing opportunities for exercise and rest
- Limiting repetitive, painful movements

Although musculoskeletal disorders are a threat to the career longevity of electricians, prevention techniques are readily available and accessible. Primary among them are stretch and flex routines that offset stress on the body's soft tissues. Also, proper lifting mechanics are essential to maintaining workplace productivity and efficiency.

The problem is so widespread that an ergonomics e-tool has been developed by OSHA in cooperation with electrical contractors nationwide. It identifies risks - and solutions - related to material handling, installation, and repair. Learn more at www.osha.gov/etools

PowerForward DuPage and the Construction Safety Council are pleased to partner in support of this continued effort to ensure that IBEW contractors and members Work Smart, Build Safe.

A schedule of electrical safety training programs is available at www.buildsafe.org



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The Construction Safety Council, in partnership with the NECA-IBEW 701 Safety Committee,

The Construction Safety Council, in partnership with the NECA-IBEW 701 Safety Committee, would like to remind you to Work Smart, Build Safe!