

The "C-Change" Initiative:

1. Change behaviors.
2. Challenge ourselves to re-think how we work.
3. Certify the results on a daily basis.



# Tool Box Talk

Week of February 21st, 2011

## Soft Tissue Injuries

In continuation of this month's safety topic on Soft Tissue Injuries and already having defined what constitutes a "Soft Tissue Injury", as well as the types of activities common to our work place that can cause them (both directly and indirectly), we will now discuss how we can safely avoid them while engaged in the work activities previously identified in last week's discussions.

At JJ White, we utilize the (Job Safety Analysis) JSA Card to list our activities associated with performing our assigned work, the hazards associated with each step and then what steps we are taking to avoid these identified hazards.

Applying the JSA Card to the incidents from last week what items could have been added to the JSA card that may have prevented the occurrence of the injuries listed below?

### Sprains

Recall a sprain is a simple stretch or tear of the ligaments. The areas of your body that are most vulnerable to sprains are your ankles, knees, and wrists.

Prior example was: Employee slipped and tripped that resulted in a fall that caused an ankle sprain. This was due to poor housekeeping and materials having been left in a designated walk area.

JSA Card could have had something like this denoted on it:

Steps to Perform Work	Hazards	Risk Code	Eliminations	Risk Code

### Strains

Recall that strains can occur to either or both your muscles and/or the tendons which connect your muscles to your bones.

Prior example was: Employee was repositioning materials onto a pallet that resulted in a back strain. This was due to poor body position when the employee attempted to move the material.

JSA Card could have had something like this denoted on it:

Steps to Perform Work	Hazards	Risk Code	Eliminations	Risk Code

## Contusions

Recall a contusion results when a blow to your muscle, tendon, or ligament is sustained by an object in motion. Contusions often result in the formation of a bruise which is caused when blood pools around the injured area.

Prior example was of an employee who while wielding a hammer, the hammer recoiled off of the surface being struck and in turn struck the employee in the face resulting in a contusion and bruising. This is a good example of unawareness to the “line of fire” and poor body positioning.

JSA Card could have had something like this denoted on it:

Steps to Perform Work	Hazards	Risk Code	Eliminations	Risk Code

## Tendonitis

Recall that inflammation in a tendon or in the covering of the tendon is called tendonitis.

Prior example was: An employee was using a non-power hand tool to tighten several small bore screw pipe fittings in for several consecutive shifts in a row and experienced pain in the elbow. This is a good example where an effective pre-plan would have more evenly distributed the repetitive work among the other employees on the shift or allowed for their frequent rotation in performing this activity.

JSA Card could have had something like this denoted on it:

Steps to Perform Work	Hazards	Risk Code	Eliminations	Risk Code

## Bursitis

Recall that the bursa is a sac filled with fluid that is located between a bone and a tendon or muscle, and bursitis is the inflammation associated with this area.

The prior example was when an employee utilizing an impact gun to loosen the bolts at the union on numerous flanges had developed pain in his shoulder. This is a good example where an effective pre-plan would have more evenly distributed the repetitive work among the other employees on the shift or allowed for their frequent rotation in performing this activity.

JSA Card could have had something like this denoted on it:

Steps to Perform Work	Hazards	Risk Code	Eliminations	Risk Code

## Stress Fractures

Recall a stress fracture is a number of tiny breaks in a bone that can occur by either over use or sudden stress on the bones associated with the specific body part.

Prior example was: Of an employee who when exiting a piece of mobile equipment, rather than climbing down and maintaining three points of contact, decided to jump down onto the concrete pad surface. This resulted in a stress fracture of the foot. Simply following established procedures and exercising care would have allowed this employee to avoid the injury.

JSA Card could have had something like this denoted on it:

<b>Steps to Perform Work</b>	<b>Hazards</b>	<b>Risk Code</b>	<b>Eliminations</b>	<b>Risk Code</b>

## Conclusion

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Now that you understand what a Soft Tissue injury is, how a Soft Tissue Injuries from both Direct and Indirect causes can and do occur in our work environment, and how we are using the JSA card to attempt to identify the hazardous tasks before we undertake them so we can eliminate the hazards from these tasks, next week we will review what other materials are available to you to enhance your own ability to eliminate hazards in the work place.