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## Simple Solutions for Home Building Workers: A Basic Guide for Preventing Manual Material Handling Injuries (Paperback)

By Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Safety and Health

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Home building is physically demanding work and manual material handling may be the most difficult part of the job. Manual material handling includes all of the tasks that require you to lift, lower, push, pull, hold or carry materials. These activities increase the risk of painful strains and sprains and more serious soft tissue injuries. Soft tissues of the body include muscles, tendons, ligaments, discs, cartilage and nerves. Soft tissue injuries cause workers pain, suffering and lost income. They can also restrict non-work activity, like sports and hobbies. Builders and employers costs include loss of productivity and high workers compensation insurance premiums. This booklet provides basic information about readily available work practices and equipment that can help both new and experienced workers, contractors and builders prevent serious manual material handling injuries. Also available in Spanish.



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