

Overhead Work

Affected Sectors: Construction, Utilities, Automotive, Municipalities



Hazards

Contributing Factors

Posture

- Frequently flexing the neck
- Twisting, with arms in an awkward position
- Performing same task over and over

Force

- Weight of object(s) being held
- Weight of arms

TIP: Alternate tasks in such a way to use different muscles each time, minimizing strain and fatigue on overused groups.

Possible Controls

Quick Wins

- Encourage the use of tools that bring employees closer to their assignment. Consider using bit extensions for drills and screw guns.
- Limit the amount of time spent working overhead.

Long-Term Planning

- Avoid lifting, holding, and positioning heavy or awkward objects with raised arms. Use mechanical lifts or hoists to position materials.
- Monitor the number of tasks that require overhead work and adjust work accordingly.