

# Flying forms—MSDs

## Explain dangers

Flying forms are popular because they can save time and, in some cases, are safer than using built-in-place methods. Although there are some advantages to using flying forms, there are also some disadvantages. Flying forms have some significant hazards associated with them that can lead to serious injury if proper precautions aren't taken.

One of the significant risks of working with flying forms is musculoskeletal disorders (MSDs). MSDs are injuries of the muscles, nerves, tendons, ligaments, joints, cartilage, or spinal discs. They typically occur after years of work involving excessive force, awkward positions, and repetitive tasks.

Although flying forms are moved by heavy equipment from one area to another, it's the workers who must assemble them. The tasks involved in assembling the forms can put you at risk of developing an MSD.

Some of these hazardous tasks are

- bending and kneeling to cut or nail material
- bending or kneeling to assemble forms below knee level
- working in tight spaces
- carrying and lifting heavy forms, shoring, steel, and wood columns
- working with hand tools such as wrenches, hammers, and pry bars
- putting pressure on your shoulders while carrying large objects or kneeling on the ground
- the repetitive motion of hammering, which can impact your wrists and arms.

## Identify controls

- Get help from a co-worker if something is too heavy for you to handle safely.
- Use mechanical equipment such as cranes, forklifts, or backhoes to lift or move heavy objects.
- Use a cart to transport materials.



- If you have to carry heavy materials because a cart or other device is not available, use shoulder pads.
- Place heavy materials close to your work area to reduce the carrying distance.
- Use sawhorses or a raised bench to cut plywood.
- Whenever possible, store heavy materials at least at standing knee height to avoid bending.
- Use proper lifting techniques. Lift materials with your legs rather than bending over and lifting with your back. Keep the load close to your body.
- Consider using pre-assembled, engineer-approved guardrail systems instead of building wooden guardrails and posts at the jobsite.

## Demonstrate

Identify all transportation devices available on site that workers can use (e.g., carts, lift trucks).

Demonstrate the proper technique for lifting.

Survey the work area and provide tips for improvement (e.g., store material closer to work areas, ensure work tables are the proper height).