

#10 Most wood products Rail car loading

Problem

Loaders use forceful and repetitive shoulder and arm exertions throwing the tiedown cables up over the top of the car and tightening down the cables.

Solution

An ergonomics committee was formed to evaluate jobs in the mill. The committee met with the loaders to identify the ergonomic hazards and brainstorm solutions. Instead of throwing tiedown cables, loaders now attach the cables to a rope and pull them up while standing on top of the car.

This reduces the potential for serious shoulder injuries from the forceful throwing. Either way, the person up on top of the car needs fall protection. The mill is also looking at lifting cables all at once with a forklift, instead of one at a time.

An air-powered torque wrench is used to tighten the cables which reduces the forceful and repetitive tightening motions. The torque wrench is quicker, but requires preplanning to stage the air hose and tool ahead of time.

Contact

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Throwing cables



Powered torque wrench

