

CONTRACTOR TOOLBOXES

Contractor toolboxes are sets of tools and resources that employers and drivers can use to address the risk of injury from load securement activities based on their operational needs and preferences. These toolboxes include descriptions, musculoskeletal injury (MSI) risk reduction measures, time requirements, costs, safe work procedures, risk exposure, risk controls and other implementation resources.

As per WorkSafeBC OHS regulation section 4.46 to 4.53, employers must identify the factors that may expose workers to the risk of MSI in their workplace. Employers can refer to [BCFSC's load securement risk assessment tool for risk identification \(reg 4.47\) and risk assessment \(reg 4.48\) related to load securement](#) (BCFSC 2021).

It should be noted that the tools or methods identified in the contractor toolboxes reduce but do not eliminate the risk of MSI.

To use the toolboxes effectively, the employers and drivers must:

- Make sure that they become familiar with the tools and resources provided, and understand how to use these tools in their operations;
- Ensure users are trained on safety procedures;
- Be aware of risk exposures and controls;
- Conduct regular safety inspections and stay current with new safety regulations and best practices.

For all toolboxes, there are general risk reduction considerations for drivers that need to be followed:

- Train or refresher training to increase effectiveness and the confidence of workers.
- Remember the importance of stretching throughout the day / during breaks to reset muscles and avoid further strain, targeting especially the shoulders and back before and after load securement activities.
- Consult supervisor or health & safety reps for considering the most appropriate toolbox for drivers with previous injuries, low fitness level or restricted mobility.
- Assess the condition of the load and the work area available on both sides of the truck before using any tool or method.
- Where possible, practice the throwing motion using both dominant and non-dominant hands so that they may alternate and spread the load between both arms throughout the day.
- Avoid throwing multiple wrappers in one throw

Toolbox C – Throw Assist Using a Pole

Description

The J.B Cable Slinger pole weighs around 0.7 kg and is used to help get the wrapper over the load via leverage. This is achieved by attaching one end of the chain to the pole's hook as shown in Figure 25 and using a flicking movement. The throwing process using the pole is repeated for each wrapper.



Figure 25. Throw assist pole.

MRS and MRS Risk Level

Following safe work procedures, the MRS for this method is 14 with a low risk level (Table 13).

Table 13. MRS and MRS risk level when using the JB Cable Slinger

Movement Risk Score	Risk Level
14	Low

Safe Work Procedure

The safe work procedure for the use of the JB Cable Slinger is as follows:

1. Wrapper should be laid on the ground on the side you will be throwing from.
2. With your back facing the load, position yourself 6 feet away when possible or a minimum two feet away with feet hip width distance apart. (Figure 26a).
3. With the pole hook, grab the 2nd link of the chain from collar of one end of the wrapper (Figure 26b).
4. Using an underhand grip, grip the pole with one hand at the end of the pole and the second hand 2 ft from the end. Ensure arms and elbows are as close to the body as possible. (Figure 26c).

5. Position appropriately to avoid twisting the body.
6. Bend knees, bend forward at the hips with a neutral spine (Figure 26d) and push up with the stronger lower limb muscles while throwing the pole behind the body towards/over the top of the load in a controlled manner (Figure 26f).
7. Repeat steps 2 to 8 for each wrapper and log bundle.



a) Stay 2 ft away from the load with the back to the load



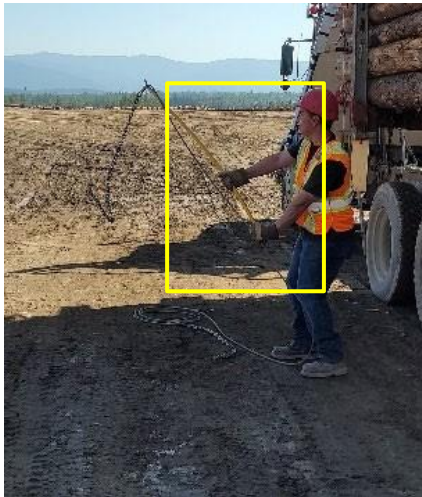
b) Position the pole hook onto the second link from the collar of one of the wrapper ends



c) Hold one hand 2 ft from the end of the pole and the other at the end of the pole



d) Bend hips and knees to generate the force required to flick the wrapper over the load



e) Flip the pole toward the load



f) Follow through without the pole touching the load

Figure 26. Use of pole to flip the wrapper over the load.

Time

The time required to use this tool is the same as for the traditional throwing method. The conventional wrapping time for three bundle loads is around 3.5 minutes, so the wrapping time using the JB Cable Slinger tool will be around 3.5 minutes as well.

Cost

The cost of the pole is around \$70.

Risk Exposure

Even with this tool, drivers are exposed to risk of musculoskeletal related injury (MSI) because of factors such as repetitive motions and non-ideal posture. Other factors such as previous injuries, age, fitness level, throwing multiple wrappers in one throw can also increase risk. Other risks are falling logs or debris and slips, trips and falls on uneven or poor ground conditions.

Technique Demonstration

The following YouTube video demonstrates how to perform Throw Assist Using A Pole.

https://youtu.be/RQrAp7y4hYc?si=hRFshcGz7_ENDG5R

Suppliers

JB Cable Slinger

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ADDITIONAL RESOURCES

Other resources on wrapper throwing method, training and injury management that employers and drivers can refer to:

- BC Forest Safety Council: Throwing Wrappers – Method for Reducing Injuries
<https://www.youtube.com/watch?v=hDD5gzrjFJM>
- BC Forest Safety Council: Shoulder Injury Management for Log Truck Drivers
<https://www.youtube.com/watch?v=emmPSSL3aDE>
- BCFSC and Total Physiotherapy (2018) Throwing procedure
https://www2.bcforestsafesafe.org/files/BCFSC_Logging_Poster_Method_Throwing_Wrappers_0.pdf

There are additional resources from BCFSC and FPInnovations that can be used in risk assessments for loader assist methods:

- BC Forest Council: Loader Assist Procedure
 - https://www.bcforestsafesafe.org/wp-content/uploads/2021/10/Risk-Assessment-Tool-MSI-Load-Securement_14-Oct-21_FINAL.pdf
 - <https://www.youtube.com/watch?app=desktop&v=QhORC4T7ABc>
- FPInnovations: Reducing Repetitive Strain Injuries Resulting from Installing Log Load Wrappers
<https://www.youtube.com/watch?v=WX2nWni4FOI>