



Department-Approved Course Requirements: 1-Hour Repetitive Motion Injuries

Course Required for:	<input checked="" type="checkbox"/> Worker Training
Purpose:	This course is a general elective course that can help fulfill the requirement for an individual applying for a Site Safety Training Card. THIS IS AN AWARENESS LEVEL TRAINING ONLY and does not provide any other qualification or authorization outside of the Site Safety Training Card.
Duration:	1 Hour of instructional time, excluding breaks
Class Size:	1-40 Trainees
NYC Requirement:	In order to continue to operate in the City of New York, the designated construction worker is required to complete a minimum number of hours of approved site safety training and to carry site safety identification cards as proof of completion of the training (As per New York City Local Law 196 of 2017 also known as 'LL196' or 'Local Law'). This course provides one hour towards the satisfaction of that requirement.
Facility Requirements:	<p>The Training Facility used by the Course Provider must:</p> <ul style="list-style-type: none">• Have sufficient room to accommodate all expected attendees and the equipment needed to perform hands-on exercises where required as part of the course.• Make provisions for the presentation of training material in all media types (computer, projectors, video/DVD players, etc.); and• Comply with all applicable laws, rules and regulations relating to occupancy, zoning, egress, fire detection, fire suppression, light, ventilation, cleanliness, sanitary facilities, emergency notification and evacuation procedures. <p>Training may be held at construction sites, provided the above requirements are met.</p>
Instructor Requirement:	<p>To deliver this course the instructor(s) must demonstrate that he or she is credentialed or trained in instructional methods and learning processes. The instructor(s) must also successfully demonstrate his or her ability to solve or resolve problems relating to the subject matter by possession of a recognized degree, certificate, licensure or professional standing, or by extensive knowledge, training, and experience, in the subject matter being taught. To the extent that the course instructor(s) holds, or has held, a trade license issued by the Department, it must be in good standing and not be surrendered to, suspended by or revoked by the Department.</p> <p>The instructor(s) must also be authorized by the Occupational Safety and Health Administration ('OSHA') as a trainer(s) for its Construction and Outreach Program.</p>
Curriculum Requirement:	All topics listed under Course Content Outline must be covered using the listed Instructional Delivery Method . The time dedicated to each outline topic should be appropriate for the course content and can vary depending on the trade or job performed by the trainee. The Instructional Delivery Materials used in this course must contain all current applicable NYC Construction Code references, current rules, policies and bulletins.

**Course Curriculum
Proposal Package
Review:**

A comprehensive review will be performed by the **Department of Buildings** to determine compliance with these Course Curriculum Requirements.

Instruction Delivery Method

Media:	Lecture/Discussion, Slide Presentation
Handouts:	Slides, references and handbook
Guided Learning:	Trainees discuss methods to control repetitive motion disorders

Course Content Outline

1. Introduction
 - a. Instructor introduces topic and describes their qualifications and relevant experience for training this module.
 - b. Establish that all trainees can hear and fully understand you i.e. 'raise your hand if you fully understand me' or 'clap your hands if you fully understand me'
 - c. State basic classroom rules, bearings and decorum
 - i. Inform trainees of duration or training and breaks (if any)
 - ii. Remind trainees about limiting distractions (phone use, texting, sidebar conversations)
 - iii. Emergency procedures (location and means of egress, exits or other contingencies)
 - iv. Location of restrooms
 - d. Training Objectives and Expectations:
 - i. Trainees will learn what is meant by 'repetitive motion' disorders and how they come to occur.
 - ii. Trainees will be able to recognize and avoid repetitive and ergonomic hazards associated construction activities.
2. Explain what is meant by 'repetitive motion' and provide examples
3. Explain potential injuries and physical damage
4. Provide statistical data from the Bureau of Labor Statistics (BLS), which typically records that approximately 25% of all workplace injuries in construction are caused by musculoskeletal disorders including repetitive motions. Source: Bureau of Labor Statistics (BLS)
 - a. Explain how and why fatigue sets in much faster
 - b. Explain what ergonomics and musculoskeletal disorders
 - c. Explain that drug use can sometimes start from the temporary or chronic treatment of musculoskeletal disorders.
5. Types of Musculoskeletal Disorders provide graphics and description along with recognition, avoidance and prevention for each
 - a. Acute injury to muscles, nerves, tendons, joints, cartilage, and spine
 - b. Sprains, strains and pulls
 - c. Carpal tunnel syndrome
 - d. Tendinitis
 - e. Bursitis
 - f. Fatigue (indirect, which can lead to other incidents i.e. dropping a tool, falling, tunnel vision, letting go)

6. Increase Risk Factors
 - a. Overexertion by excessive lifting, pushing, pulling, holding, carrying, or throwing
 - b. Extended periods of time in contorted positions i.e. kneeling, twisting, bent over
 - c. Lack of conditioning for strenuous work
 - d. Awkward postures and work positions
 - e. Repetition of movement or sequences of movements
 - f. Excessive Force upon joints or connective tissues
 - g. Static posture
 - h. Vibration
 - i. Poorly Designed Tools
 - j. Extreme temperatures
 - k. Poor work organization
7. Provide interventions to reduce risk factors that can control repetitive and musculoskeletal related disorders.
 - a. Process management (mixing tasks)
 - i. Job rotation
 - ii. Plan the work ahead of time
 - iii. Deliver materials close to where they will be used
 - iv. work at waist level whenever possible
 - v. Use the buddy system – get help
 - b. Know your body's limitations
 - c. Fitness for Duty
 - d. Utilize other people 'buddy system'
 - e. Vibration controls
 - f. Shoulder pads
 - g. Knee pads
 - h. Frequent breaks
 - i. Stretch and flex prevention
 - j. Use powered tools instead of hand tools
 - k. Work at waist level whenever possible
8. Resources:
 - a. NIOSH <https://www.cdc.gov/niosh/topics/ergonomics/default.html>
 - b. Worker's Rights (See OSHA: <https://www.osha.gov/Publications/OSHA3146.pdf>)
 - c. OSHA Regional Map: <https://www.osha.gov/html/RAmap.html>
9. Debriefing (Informal evaluation)
 - a. Guided by instructor, trainees, in a class discussion talk about the course's content and means of delivery and provide verbal feedback to the instructor.
 - b. Instructor takes notes (either committing them to writing during discussion or ascribing them later into noted-comments).
 - c. Instructor applies lessons learned from debriefing to future trainings.
10. Written (Multiple Choice) Assessment