Concrete Work – Picture This



What’s wrong in this picture? Concrete works provide livelihood to more than 300,000 workers. But, besides providing livelihood, it also puts one at the risk of injuries and illness.

Poor ergonomics i.e. improper postures, repeating the same motions again and again, lifting of heavy loads can lead to sprains and strains in muscles, tear in ligament, and spinal cord disorders.

Reduce or eliminate tasks that involve twisting, turning, vibration, and heavy lifting. Consider using machines and automation for tasks that involve repetition. Add conveyors, dollies, hand trucks, and vehicles that can take

these burdens off humans – particularly when it comes to bending and lifting.