

RESOURCES FOR TRAINERS

Best Built Plans helps construction contractors leverage safety to expand business success by providing tools to plan for reduced manual materials handling (MMH) and other resources to prevent sprain and strain injuries. We rely on trainers to use the program tools and resources during their training programs, and to provide feedback on what materials were used, workers' receptiveness to the information, and what needs improvement. The program was developed by CPWR–The Center for Construction Research and Training based on stakeholder advice and expertise.

Resources include:

- **Site Planning Tool & Interactive Training and Coaching Resources** to help contractors plan for material delivery and train workers on safer practices. The planning tool is available online or as part of the downloadable PC-based program that includes the interactive training and coaching resources. All materials are free and available at bestbuiltplans.org.
 - » The **Site Planning Tool** helps contractors plan for how materials will be stored and moved at every project stage (bidding, pre-job, on-the-job, and look back/project completion). The tool includes a toolbox talk and hazard alert card, available in English and Spanish, which are linked to microgames to play on smartphones. The games are targeted at workers to reinforce safe work practices raised in these materials and learned through training programs.
 - ♦ **Lift Coach: Plan Your Route** – In this game, players plan how they will lift and move a material on a job site. A player's risk of injury (sprain and strain injuries) increases or decreases depending on the decisions they make. As a player advances through the game, the job site becomes larger and more complex.
 - ♦ **Lift Coach: Plan Your Lift** – In this game, players correct the on-screen character's actions as he or she lifts and moves materials. The goal is to avoid actions that can increase the risk of injury. Players will need to pay attention to avoid building up too much strain and getting hurt. Each level increases in difficulty.
 - » The **PC-based Interactive Training and Coaching Resources** can be used by trainers and safety staff to reinforce the importance of planning and using safer work practices with workers. The Training Resources uses a voice-over narration to introduce information to consider when planning to move materials, types of lifting equipment, and safe lifting and work practices. The "lifting" and "work practices" sections allow the user to apply what they learned and provides feedback on when an action is done safely or could result in an injury. The Coaching resource focuses on what happens to a person's body during warm-up stretches and lifting. A user can try out different warm-up exercises and lifting techniques to see how their actions increase or decrease physical strain.
- **Infographics**, developed for use in printed materials, presentations, on websites, or social media, highlight the positive impact of planning for reduced MMH and the serious costs of soft tissue injuries.
- **Posters** to use as handouts or post in central locations to reinforce safer materials handling practices with workers.

Get these Best Built Plans resources at BestBuiltPlans.org