



Welcome to this edition of *Occupational Health Watch*, an update of recent activities of the California Department of Public Health's Occupational Health Branch (OHB).

Focus on...**Drilling Overhead: Ways to Make a Tough Job Easier**

Overexertion is a leading cause of injury to construction workers (18% of all injuries). Electrical, plumbing, HVAC and other building equipment contractors experience strain and sprain injuries nearly 60% more often than all building construction contractors.

One of the most physically demanding tasks construction equipment contractors do is drilling holes overhead into concrete or metal ceilings. A new factsheet [Drilling Overhead: Ways to Make A Tough Job Easier](#) highlights practical ways to reduce the physical demands of this task. The goal is to help reduce pain and injury experienced by plumbers, pipe fitters, electricians, sheet metal workers and others who drill overhead in the building trades.

Please share this publication with contractors and workers who perform overhead drilling or others who may be interested.

- The factsheet is available at: www.cdph.ca.gov/programs/hesis/documents/DrillOverhead.pdf
- For more information on the Overhead Drill Press highlighted in the factsheet, visit ergo.berkeley.edu or call the University of California Ergonomics Program at (510) 665-3403.
- We welcome feedback on this factsheet. Give your feedback by email to DrillHESIS@cdph.ca.gov or by taking this short [survey](#).

This factsheet is published by the California Department of Public Health and the University of California Ergonomics Program.

OHB is dedicated to improving worker health and safety through prevention activities. We gather information on job hazards, work with others to test new approaches to prevent worker injury and illness, and assist with making changes at the workplace. For more information, visit our website: www.cdph.ca.gov/programs/ohb.

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