

Using Text Messages to Reinforce Safety Training

Efficacy of text messaging apprentices to reinforce ergonomics and safety voice training

Laurel D. Kincl, Jennifer A. Hess, Douglas L. Weeks, Amelia Vaughan, Dan Anton. Journal of Safety Research, 2020.

Overview

Injuries and work-related musculoskeletal disorders (MSDs) are common among masons due to the physically demanding nature of laying brick, block and other materials. The SAFETY VOICE for Ergonomics (SAVE) program integrates training in ergonomic and safety problem-solving skills into masonry apprenticeship training, and this study assessed the efficacy of text messaging to reinforce program content. SAVE effectiveness, including the use of text messaging, was evaluated at masonry apprenticeship training centers across the United States by comparing three experimental groups: (1) those receiving ergonomics training, (2) those receiving ergonomics and SAVE training, and a (3) control. Refresher training for the first two groups was implemented by sending weekly text messages for six months. Half of the text messages required a response that tested knowledge or assessed behavior, while the remaining ones reiterated SAVE concepts.

Key Findings

- Of 119 apprentices, 61% (n = 72) responded to at least one SAFETY VOICE for Ergonomics (SAVE) text message.
- Sixty-nine percent of apprentices agreed that text messages reinforced SAVE content.
- Even though there was no training center requirement for apprentices to respond, the high response rate suggests that text messaging can effectively be used to reinforce ergonomics and safety voice training for both knowledge and behavior.
- Instructors and practitioners should consider the utility of text messaging for supporting their training and safety programs.

For more information, contact:

Laurel Kincl: Laurel.Kincl@oregonstate.edu

Read the paper:

<https://bit.ly/2Bsam8n>

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