

Musculoskeletal Injury Prevention

<b>Facility:</b>	<b>Written By:</b>	<b>Approved By:</b>	<b>Date Created:</b>	<b>Date of Last Revision</b>

<b>Hazards Present:</b>	<b>PPE or Devices Required:</b>	<b>Additional Training Required:</b>
Forceful Exertion	Steel toed boots	MSI training
Repetitive stress	Face Shield	PPE training
Muscle strain	Hard hat	
Limited mobility	Hand protection	
Awkward Position		
Vibration		
Mechanical Compression		

**Safe Work Procedure:**

- 1) Identify the hazards that may put the worker at risk of injury
- 2) Assess the risks to determine how likely the risk factors are to cause injury
  - a. Physical demands of the task
  - b. Characteristics of the load
  - c. Work environment
  - d. Work organization
- 3) Consider the significance of the risk with one or more of the following criteria:
  - a. Magnitude - How great
  - b. Frequency - How often
  - c. Duration - How long
- 4) Control the risks
  - a. Eliminate the risks first
  - b. Minimize the risks
    - Can this activity be eliminated
    - Are materials delivered as close as possible
    - Can carrying distances be reduced
    - Can extra workers help alleviate injury
    - Are handling tasks organized to eliminate or minimize Double handling
    - Are routes kept clear for access
    - Are rest periods implemented into the job procedure

***If an emergency situation occurs while conducting this task, or there is an equipment malfunction, engage the emergency stop and follow the lock out procedure***

**REPORT ANY HAZARDOUS SITUATIONS TO YOUR SUPERVISOR**

<b>Guidance Documents/Standards:</b> MB Workplace Safety & Health Act & Regulations: 6 Personal Protective Equipment 8 Musculoskeletal Injury	This Safe Work Procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years
	Reviewed By WSH Committee:  Date: