



Musculoskeletal Injury Prevention

Developed by:		Approved by:	Date created:	Last revision:
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Possible Hazards Present		Personal Protection Required		Additional Training
<ul style="list-style-type: none"> - Forceful exertion - Repetitive stress - Muscle strain - Limited Mobility - Awkward Position - Vibration or Mechanical Compression 		<ul style="list-style-type: none"> - Steel Toed Boots - Hard Hat - Safety Vest 		- PPE
<ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> a. Magnitude - How great b. Frequency - How often c. Duration - How long 4. Control the risks <ol style="list-style-type: none"> a. Eliminate the risks first b. Minimize the risks <ul style="list-style-type: none"> * 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 				
Documentation/Legislation Workplace Safety and Health Regulation, M.R. 217/2006 6 Personal Protective Equipment 8 Musculoskeletal Injuries			<p>This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</p>	