

## Safe Work Procedure

### 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 Repetitive stress Muscle strain Limited mobility Akward Position Vibration Mechanical Compression	Steel toed boots Face Shield Hard hat Hand protection	MSI training PPE training

<b>Safe Work Procedure:</b>
<ol style="list-style-type: none"> <li>1 Identify the hazards that may put the worker at risk of injury</li> <li>2 Assess the risks to determine how likely the risk factors are to cause injury               <ol style="list-style-type: none"> <li>1. Physical demands of the task</li> <li>2. Characteristics of the load</li> <li>3. Work environment</li> <li>4. Work organization</li> </ol> </li> <li>3 Consider the significance of the risk with one or more of the following criteria:               <ol style="list-style-type: none"> <li>1. Magnitude - How great</li> <li>2. Frequency - How often</li> <li>3. Duration - How often</li> </ol> </li> <li>4 Control the risks               <ol style="list-style-type: none"> <li>1. Eliminate the risks first</li> <li>2. Minimize the risks                   <ul style="list-style-type: none"> <li>*Can this activity be eliminated</li> <li>*Are materials delivered as close as possible</li> <li>*Can carrying distances be reduced</li> <li>*Can extra workers help alleviate injury</li> <li>*Are handling tasks organized to eliminate or minimize Double handling</li> <li>* Are routes kept clear for access</li> <li>*Are rest periods implemented into the job procedure</li> </ul> </li> </ol> </li> </ol>

***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 Worker Rep/WSH Committee:  Date:
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