

Safe Work Procedures

Preventing Musculoskeletal Injury

Identified hazards: Sprains, strains, inflammation,

1. Assess the task for the potential of musculoskeletal injury.
2. If manual lifting or exertion is involved, follow the safe lifting procedures;
 - a. Stretch to warm and prepare muscles
 - b. Get a firm grip on the object to be lifted or moved
 - c. Position your feet to stay balanced
 - d. Keep the object close to your body
 - e. Stay as straight as possible
 - f. Do not twist. Rotate your whole body.
 - g. Keep the area free and clear of all slip or trip hazards
 - h. Get help with heavy or awkward objects
3. If your work dictates that you must kneel, bend or remain in the same position for prolonged periods of time, take frequent breaks to stretch, relax muscles and return proper blood flow.
4. Be aware of potential musculoskeletal injury symptoms.
5. Seek medical attention from your physician if you suspect you have sustained an injury.
6. Report all injuries to your supervisor immediately.