



MSI (Musculoskeletal Injury)

This Safety Talk is to raise awareness of MSI that is a result of workplace hazards.

Construction work is hard work, and workers feel the results. Back pain, carpal tunnel syndrome, tendinitis, sprains and strains are types of a MSI.



Job activities and conditions, such as lifting, repetitive motions and work in confined areas can cause a work related MSI. All of these are part of construction work. A MSI can become a long-term, disabling health problem that keeps you from work and enjoying life.

Signs of a MSI can include swelling, redness and difficulty moving a body part. Symptoms may be numbness, tingling or pain.

Risk Assessment/Hazards

Some risk factors that cause a MSI are:

Slips, Trips and Falls

- Cluttered work areas can lead to you tripping.
- Improperly entering and exiting machinery can result in a fall.
- Ladders or walkways with snow or mud can cause a slip.
- Untied boot laces may result in tripping.

Manual Material Handling

- Twisting your waist when moving material can cause back pain.
- Repeated tasks such as tying rebar can lead to strains on back and wrists.
- Lifting heavy loads improperly can cause injury to the back.

Dismounting and Mounting Equipment

- Not using 3 point contact when entering or exiting equipment can cause a fall.
- Jumping down from equipment can result in knee or back injury.
- Rushing when dismounting or mounting equipment can lead to a fall.

Control Measures/Safeguards

Here are some examples of how you can reduce or prevent a MSI:

Slips, Trips and Falls

- Practice good housekeeping, keeping walkways clear.
- Remove any mud, snow, ice, grease, or any other substance from equipment ladders.
- Ensure footwear is clear of dirt, oil and grease; laces tied.
- Avoid loose or torn clothing.

Manual Material Handling

- Plan ahead to minimize material handling.
- Use carts, dollies, hoists, or other mechanical handling devices.
- Break loads into smaller units.
- Get another person to help you lift heavy objects.

Dismounting and Mounting Equipment

- Face the equipment and maintain 3 point contact when climbing on or off the equipment.
- Never jump off equipment.
- Take your time when entering or exiting equipment.
- Watch for obstacles when dismounting such as rocks, or ice.

Thought Provoking Questions

What behaviors cause the greatest risk of slip, trip and fall hazards in your workplace?

In what condition are the steps, ladders, and handrails on the machines that you use?

Do you ask for help when loads are too heavy to lift by yourself?



SAFETY TALK

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed By: _____

Location: _____

Name & Number of Safety Talk

Employee Name:

Employee Signature:

Concerns:

Corrective Actions:
