

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

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Job Name _____ Date _____

WORK-RELATED MUSCULOSKELETAL DISORDERS

Musculoskeletal disorders (MSDs) involve the complex system of bones, muscles, tendons, ligaments, and nerves in the human body. Both work-related and non-work-related conditions can cause MSDs, but today's Weekly Safety Meeting focuses on those that are caused or worsened by conditions in the workplace. Every construction worker should be aware of the conditions that contribute to MSDs and learn how to eliminate or reduce their chances of developing these disorders.

Work-related musculoskeletal disorders result when there is a mismatch between the physical capacity of a worker and the physical demands of the job. Each year, 1.8 million workers in the U.S., many of which are in the construction industry, report work-related MSDs such as carpal tunnel syndrome, tendonitis, degenerative disc disease, and back pain. The solution to these injuries lies with ergonomics—the science of changing the work environment to meet the physical needs of the worker, instead of forcing the worker's body to fit the job.

Learn to recognize the types of work conditions and activities that can increase your chances of developing a musculoskeletal disorder. Think about the work you do and how often you're exposed to the following hazards.

Awkward body postures include squatting, kneeling, reaching, handling objects with your back twisted or bent, and working with your hands above your head or with your neck bent for long periods of time.

Forceful lifting, pushing, or pulling usually occurs when handling heavy or bulky objects.

Repetitive motion happens when using hand tools and engaging in repetitive tasks.

Contact stress occurs when tools or sharp edges press against the palm of your hand or any other soft tissues.

Vibration is most commonly encountered during long-term use of powered hand tools.

Examine your work area and consider solutions that best fit your job. Solutions can include raising or lowering your work space, placing materials in front of you to reduce twisting motions, using machines to help you do heavy lifting, following proper lifting techniques, taking rest breaks, establishing job rotation, selecting power tools and equipment with features designed to limit vibrations to your hands, wearing anti-vibration gloves, and using tools that are ergonomically designed for a better grip. All these solutions are in your hands. Work with your supervisor; discuss hazards and suggest solutions to prevent MSDs.

SAFETY REMINDER

**Short cuts can lead to bleeding cuts.
Always work safely!**

Special Topics For Your Project _____

Employee Safety Recommendations _____

S.A.F.E. Cards® planned for this week _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____

These instructions do not supersede local, state, or federal regulations.