

MSD Identifying Factors

The 3 main factors that contribute to musculoskeletal disorders are: awkward or sustained postures, repetition and forceful exertions. Other physical hazards such as contact stress, impact stress and vibration can also contribute to MSD's.

Awkward and Sustained Posture

Holding a posture in an unusual position or in the same position for along period causes muscles to tire quicker.



Impact Stress

Is when a high external force is applied to the tissues in the body. An example would be using your knee as a hammer.



Contact stress

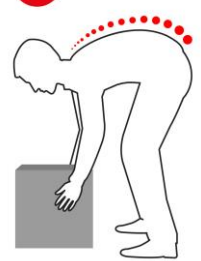
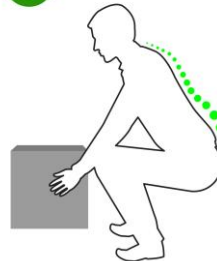
When pressure is concentrated on a small area of body tissue. An example would be wrists resting on the edge of a table.



Have you thought about how to prevent MSD's and how to use proper ergonomics in your stop card?

Forceful exertion

A forceful exertion is the amount of effort that a worker applies to perform a task. An effort that is too big will overload the muscles and other tissues.



Repetition

Doing the same action over and over with little variation to your movements. For example, using a keyboard, working on a conveyor line, painting a large surface.



Supervisor
Crew
Talk

"Safety is a Core Value and Business Priority"



West Fraser