



CONCRETE REINFORCING Overhead reaching can increase risk of MSI

Awkward postures such as overhead reaching are common risk factors for musculoskeletal injury (MSI).

Working in an overhead reaching position for an extended time increases the risk of injury.

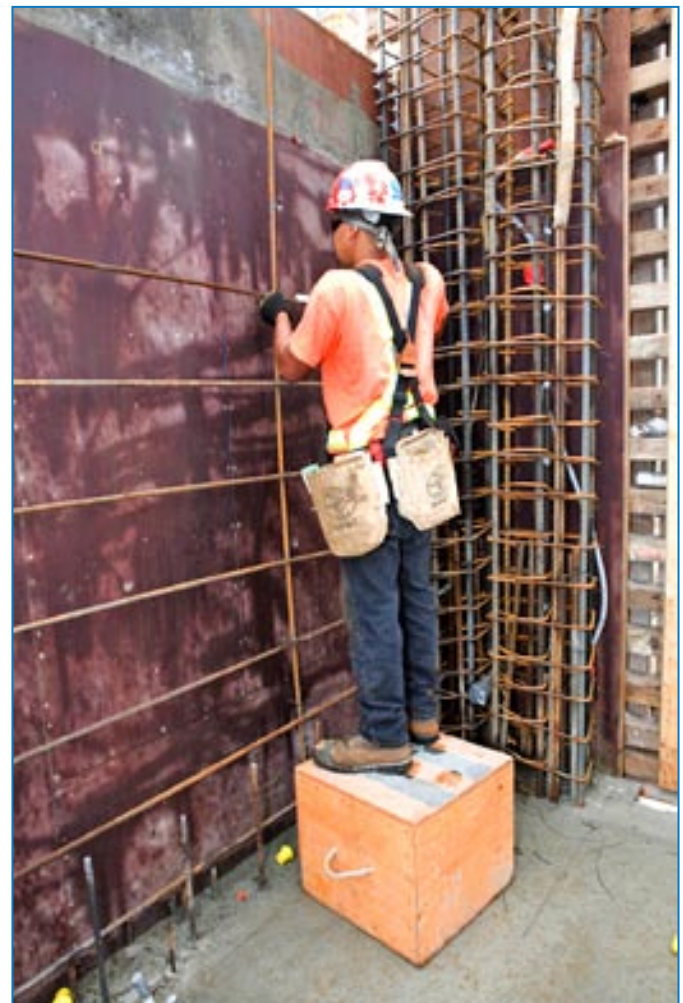
Overhead reaching can lead to injuries to the neck, shoulders, and back. These injuries are commonly caused by overextension of the muscle groups. Attempting to exert force through stretched muscles can result in strains and sprains.

Example of MSI risk



The worker reaches above his head and exerts force through stretched muscles of the shoulder and back.

MSI control option



A simple platform, step, or ladder brings the work into a more comfortable, safer working height, optimally below shoulder height.

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
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7.		
8.		
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11.		
12.		
13.		
14.		
15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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