



## CONCRETE REINFORCING

### Overexertion can increase risk of MSI

**Overexertion is a common risk factor for musculoskeletal injury (MSI).**

Rod workers perform many strenuous tasks. Some of these tasks include lifting, packing, tying, and shaking out rods. Performing physically demanding tasks all day can increase the risk of MSI.

### Examples of MSI risk

- Lifting and carrying heavy loads

### Contributing factors:

- Not using available mechanical aids such as cranes
- Lack of mechanical aids
- One-person lifts



### MSI control options



*Use mechanical aids.  
They ease the physical  
burden placed on workers.*



*Plan placement of materials. Distributing smaller  
bundles of materials closer to where they will be  
used reduces manual materials handling.*



*Use the two-person lift procedure.  
This reduces the weight one  
worker has to lift.*

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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