



## CONCRETE REINFORCING

### Contact stress to shoulders poses MSI risk

Contact stress to the shoulders is a common risk factor for musculoskeletal injury (MSI).

Rod workers perform tasks that apply large forces to small areas of the body. Contact stress can increase the risk of MSI.



*Typical contact stress point*

#### Examples of MSI risk

- Pressure on shoulder muscles from carrying rebar
- Rough-edged material in contact with soft tissue

#### MSI control options



*Pad the shoulder area. Wide, thick straps or extra fabric reduces pressure and softens the edges of rods packed on the shoulder.*



*Use the two-person lift procedure. This reduces weight on the shoulder for both workers.*

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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