



CONCRETE REINFORCING Bending over at the waist poses MSI risk

Awkward postures such as bending over at the waist are common risk factors for musculoskeletal injury (MSI). Rod workers may work in a variety of awkward postures. One such posture involves bending over at the waist for long periods. Working in awkward postures can increase the risk of MSI.



Examples of MSI risk

- Bending over at the waist
- Maintaining bent posture for long periods
- Reaching away from the body

MSI control options



Use a rebar tying machine. It allows workers to tie while standing upright.



Prefabricate steel arrangements. This reduces forward bending.



Raise materials to waist height. This reduces forward bending.

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.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



WORKING TO MAKE A DIFFERENCE
worksafebc.com