

# Weekly Safety Meeting

Overexertion & Musculoskeletal Injuries

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Discussion Leader:  Attendance Sign- In:		
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## Summary

Workplace Safety Index (WSI) in an annual report states that overexertion tops the list of the 10 causes of the most serious disabling workplace injuries. The 2023 WSI states that injuries from overexertion involving outside sources accounts for \$12.8 billion annually.

#### Guide for Discussion

### PREVENTION:

### Do:

- Use a sawhorse or workbench to reduce back bending when cutting, sawing or assembling.
- Use electric tools when possible, to increase speed and reduce force.
- Reduce ergonomic risks by ensuring worktables are at the appropriate height. A 2x4 can be added to the top of a sawhorse to raise it as necessary.
- Keep work materials close to the work location to reduce walking and carrying back and forth.
- Schedule enough workers to do the job.
- Use the right tool for the job.
- When tying rebar or screwing down decks, use drivers with extended handles so the work can be done standing up.
- Use mechanical assistance to move heavy loads whenever possible.

#### Don't

- Neglect to take the weather into account—workers are more susceptible to heat exhaustion and overexertion in hot weather and
  more susceptible to muscle strains and pulls in cold weather.
- Try to open doors when pushing, pulling or carrying loads.
- Use your body to stop the movement of loads (e.g., catching loads).
- Work through pain or exhaustion; take a break, and seek the advice of a doctor at the first sign of weakness, pain or swelling.
- Neglect to take breaks often.

Use warmup exercises to increase the blood flow and prepare the body for vigorous work.

Use stretching exercises to maximize the range of motion of muscle groups or tendons.

Use proper task techniques:

- When lifting, bend at the knees
- Avoid twisting the body
- Do not use your body to stop the movement of loads

Additional Discussion Notes:	