

# Protect your MSI Hotspots

Construction Labourers



Photo: Lori Curtis, Safety Advisor

Sources: WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

MSI, or musculoskeletal injuries, are injuries or disorders of the muscles, tendons, ligaments, nerves, discs or related soft tissue.

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# MSI Hotspots

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## Prevention Tips

### Lifting and handling

- Have bulky materials delivered to the final work location or use manual handling aids (like cranes, material hoists, forklifts, and hand trucks). Reduce the distance loads need to be moved.
- Use manual handling aids to lift and move loads. Use a team lift for heavy and awkward loads if equipment is not available.
- Choose equipment that requires a minimum amount of force and allows a strong neutral posture.
- Orient the load to make access with handling aids as easy as possible.
- Get training in proper use of equipment and lifting and handling methods.
- Install lifting points or handles on heavy or awkward loads.
- Only wear a back belt if advised by your health care provider.
- Order materials in smaller sizes (for example, cement bags of 20kg instead of 40kg).

### Repetitive work, awkward postures

- Have workers perform different tasks to avoid repetitive strain or holding the same posture for extended periods.
- Use tables, benches or stands to bring work to waist height, or use tools with extension handles (like nail guns or caulking guns) to avoid bending.
- Replace manual tools with powered tools.

### Hand tools

- Use power tools that are lightweight, low vibration, noise restricted and fitted with clutches.
- Select tools that are ergonomically designed, fit your hand size and are comfortable to use.
- Wear work gloves that absorb impact energy.

### General

- Warm up your body before physical work.
- Use personal protective equipment that is suited to the task (like boots, knee protection pads, and impact resistant gloves).
- Maintain a healthy lifestyle. Be active, keep a balanced diet, drink plenty of water and get enough rest.
- Take microbreaks to change posture and stretch to keep blood flowing to the muscles.
- Wear proper footwear with shock-absorbing soles