

Protect your MSI Hotspots

Retail Salespersons and Clerks

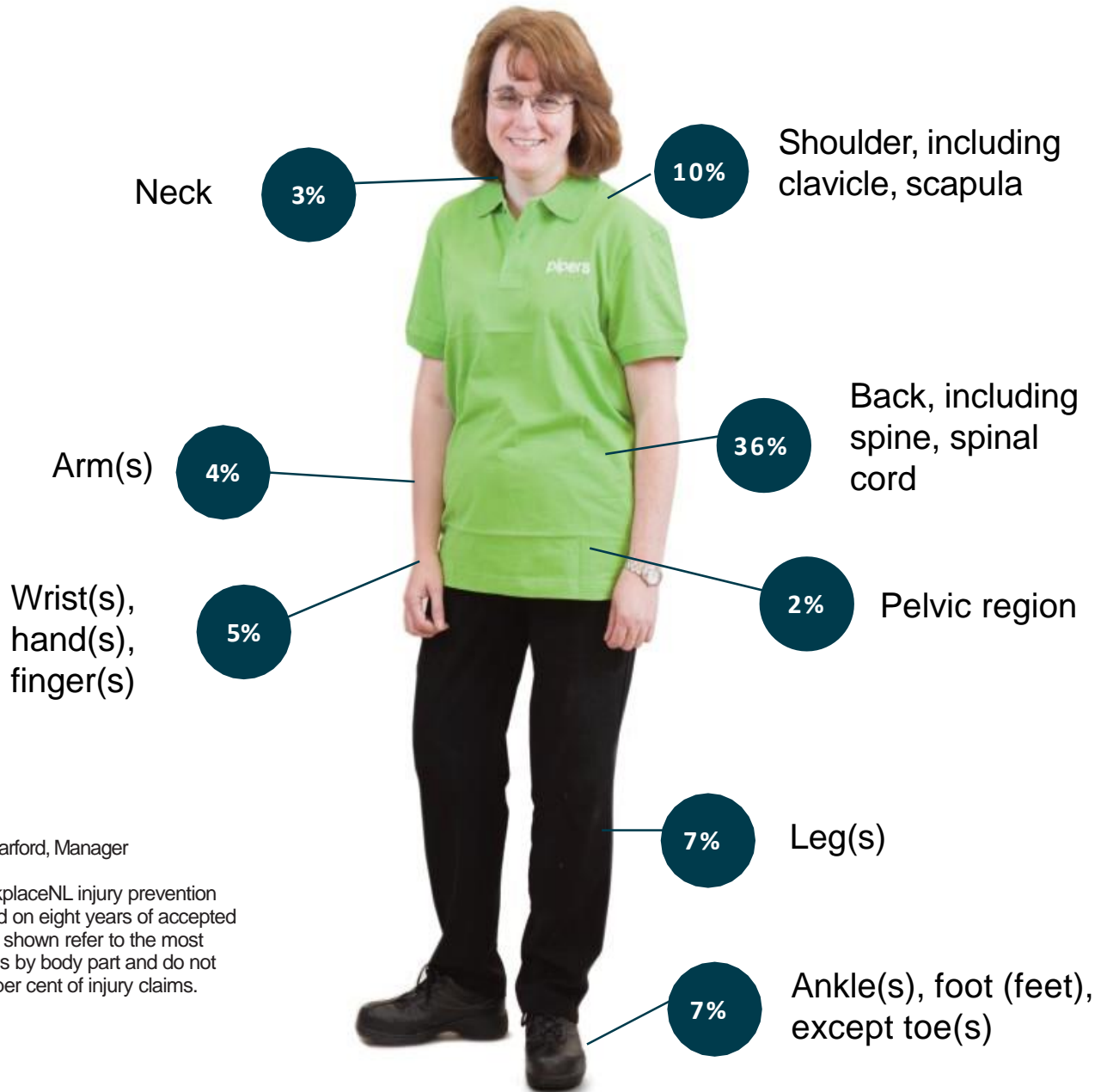


Photo: Gloria Warford, Manager

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

- Warm up your body before performing lifting and handling tasks.
- Use manual handling aids (like a trolley or cart) to lift and move loads when possible.
- Use a team lift for heavy or awkward loads when equipment is not available.
- Get training in proper use of equipment and lifting and handling methods.
- Make sure there is enough space for healthy body movements.
- Push, pull, or slide objects rather than lift when possible. In most cases, push instead of pull.
- Adjust heights to reduce unnecessary bending and reaching. Use step stools and ladders to reach high objects. Store heavier and frequently used items between mid-chest and mid-thigh height.
- Check your path of travel. Wedge doorways open or have someone open them for you.
- Check the weight of items before lifting. Break into smaller loads. Make more, lighter lifts.
- Use a wireless scanner for bulky items. Use keyboard to enter the quantity of identical items.

Repetitive work, awkward and sustained postures

- Take regular breaks to stretch and rest your muscles.
- Alternate physical and non-physical tasks throughout the day.
- Choose comfortable, cushioned footwear that supports your feet and ankles to prevent pain from standing for extended periods.
- Sit and stand using neutral posture. Use an adjustable sit or stand stool to change posture.
- Use foot rests and anti-fatigue mats when required to stand for prolonged periods.
- Arrange tools and equipment (like a cash drawer, receipt printer or keyboard) within easy reach, with elbows close to your sides.
- Use a standing platform or adjust workstation height to perform most tasks at about elbow height.
- To reduce twisting and reaching, position display screens slightly below eye level, and yourself in front of counters and scanners.

For additional information please contact:

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