



MSI Risk Factor Checklist

This checklist can be used to recognize MSI risk factors in the workplace and evaluate existing control measures.

■ Visit the workplacenl.ca website for additional MSI resources.

Job Title:		Date:	
Department:		Completed By:	

Exposure to MSI Risk Factors	Yes / No	Existing Controls in Place	New Controls to Follow
MSI Risk Factor: Force			
Lift, lower or carry objects that are heavy			
Handle objects away from the body, or that are below mid-thigh or above chest height			
Have to forcefully push or pull objects			
Perform tasks that require difficult and forceful gripping with their hands			
Use tools that require a great deal of effort to hold, control or use			



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Exposure to MSI Risk Factors	Yes / No	Existing Controls in Place	New Controls or Additions to Follow
MSI Risk Factor: Posture			
Work with hands above shoulders or held away from body			
Do tasks with shoulders raised			
Do tasks with one or both arms behind body			
Bend or twist the back			
Bend or twist neck forward, back or to the side			
Hold neck to one side			
Bend or twist wrist			
Pick up or hold objects using difficult grips (pinch grips, wide-finger grips)			
Have little space or clearance in work area			
Stay in awkward postures for long periods of time			
Sit or stand for long periods of time without a change in posture			
Have insufficient training to set up work area/ equipment to avoid awkward postures			



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Exposure to MSI Risk Factors	Yes / No	Existing Controls in Place	New Controls or Additions to Follow
MSI Risk Factor: Repetition			
Repeatedly lift, lower or carry objects			
Repeatedly push or pull objects			
Repeatedly grip or manipulate objects			
Repeatedly use awkward arm or hand postures			
Repeatedly use awkward back or neck postures			
Repeatedly use poorly designed hand tools			
Repeatedly do tasks or use awkward postures that are not covered above			
MSI Risk Factor: Improper Lighting			
Have difficulty completing tasks due to lighting			
MSI Risk Factor: Contact Stress			
Press part of body into a hard object or surface			
Use hands to pound or hammer objects			



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Exposure to MSI Risk Factors	Yes / No	Existing Controls in Place	New Controls or Additions to Follow
MSI Risk Factor: Vibration			
Repeatedly work with equipment that cause body vibration exposure (torol, machine, vehicle)			
MSI Risk Factor: Adverse Temperatures			
Work in warm or cold environments			
Other MSI Indicators			
Make comments about job demands			
Make modifications to tools or workstations			
Wear splints or supports			
Massage/shake muscles and joints due to discomfort			
Avoid certain tasks due to discomfort or pain			
Make comments about discomfort or fatigue			

Credit: Workplace Health and Safety Inspection Checklist for Musculoskeletal Disorders (MSD): www.msdpredvention.com

WorkplaceNL

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e safety@workplacenl.ca t 1.800.563.9000 w www.workplacenl.ca