



ELECTRICAL WORK

Overhead reaching can increase risk of MSI

Overhead reaching is a common risk factor for musculoskeletal injury (MSI).

Working for an extended time in an overhead reaching position increases the risk of injury to workers. Overhead reaching involves awkward postures that may lead to injuries to the neck, shoulders, and back. These injuries are commonly caused by overextension of the muscle groups. Attempting to exert force through stretched muscles can result in strains and sprains.



Example of MSI risk

- Working at ceiling level

MSI control options



Ladders raise your body position so you are closer to the work surface.



Pausing briefly allows the arms, neck, and shoulders to rest.



Rotating through different tasks provides opportunities to rest parts of the body.

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

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



WORKING TO MAKE A DIFFERENCE
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