



FLOORING

Contact stress can increase risk of MSI

Contact stress is a common risk factor for musculoskeletal injury (MSI).

Contact stress happens when continuous force or rubbing is concentrated on a sensitive body area. For example, when a worker kneels to install flooring, the tissue over the knees can be pinched or compressed, resulting in discomfort and pain.

The pressure created by contact stress can bruise muscles and soft tissue. It can also restrict blood flow and damage nerves.



Examples of MSI risk

- Prolonged kneeling on a hard floor while installing flooring
- Using your knee as a hammer

MSI control options



Use comfortable, high quality knee pads to cushion and protect the knees.



Use a kneeling pad to cushion and protect the knees.



Use knee pads with rollers to move around and reduce friction.

- Use a mortar spreading machine.
- Set up the saw on a workbench to avoid kneeling.
- Alternate kneeling work with a standing task to take a break from kneeling.
- Don't use your foot or knee as a hammer.

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.		
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15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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