



## ELECTRICAL WORK

### Bending over at the waist poses MSI risk

Bending over at the waist is a common risk factor for musculoskeletal injury (MSI).

Electricians may work in a variety of awkward postures. One such posture involves bending over at the waist for long periods. Working in awkward postures can increase the risk of MSI.



#### Examples of MSI risk

- Bending over at the waist
- Maintaining bent posture for long periods
- Reaching away from the body

#### MSI control options



*By sitting on a stool, workers avoid bending over at the waist.*



*Rebar tying machines with extension arms allow workers to tie conduit while standing upright.*

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

(signature)

(signature)



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