



## ELECTRICAL WORK

### Contact stress poses MSI risk

Contact stress to the knees or hands is a common risk factor for musculoskeletal injury (MSI).

Electricians perform tasks that place large forces on small areas of the body. Some common tasks involving contact stress include working at or near the ground, and pulling wire. Contact stress can increase the risk of MSI.



#### Examples of MSI risk

- Kneeling on the ground
- Pulling wire and cable
- Gripping hand tools

#### MSI control options



*Knee pads, foam, or gunny sacks can protect knees from hard surfaces and sharp objects.*



*Sitting on a stool eliminates the need to kneel.*



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



*Using hand tools or spare bits of pipe eases stress to the hands while pulling wire.*

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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