

Above shoulder working heights

Working above shoulder height and at workstations that are too high for the task causes workers to use awkward shoulder, back, and neck postures. Working in these types of awkward postures can increase the risk of musculoskeletal injury (MSI). The risk of MSI is increased by:

- Repeating the same movement over and over
- Holding the same posture for long periods of time
- Handling heavy weights
- Exerting a lot of effort
- Working in a twisted posture



Reaching overhead.



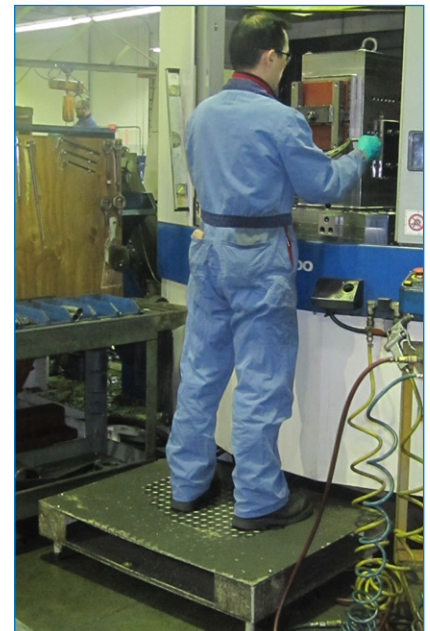
Working with hands above shoulder height.

How to minimize risk

Consider the tips shown at right to reduce the risk of injury.



Use scaffolds to provide a raised working surface.



Use a raised platform to bring you closer to the work.

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number on shift: _____ Number attending: _____

Other safety issues or suggestions made by attendees:

Record of those attending:

Name: (please print)	Signature:	Company:
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2.		
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Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



WORKING TO MAKE A DIFFERENCE
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