

Low working heights

Working close to the ground or at a workstation that is too low for the task causes workers to bend forward at the back or lie on the ground. 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



Bending over to work close to the ground.



Bending forward to work at a workstation too low for the task.

How to minimize risk

Consider the following tips to reduce the risk of injury.



Use a stool to minimize awkward back postures.



Use an adjustable height workstation to raise the height of the work.



Use stands to raise the height of 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:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



WORKING TO MAKE A DIFFERENCE
worksafebc.com