

MANUFACTURING Toolbox Meeting Guide

WORK SAFE BC

WORKING TO MAKE A DIFFERENCE
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Welding

Welding is a physically demanding task and is associated with musculoskeletal injury (MSI) risks. Welding can involve precision work in awkward and tight locations. These conditions lead to higher risks of injury to the neck, shoulders, back, and knees.

Most MSIs in welding are the result of:

- Awkward postures such as squatting, kneeling, or stooping
- Lifting heavy equipment or materials
- Holding a bent position
- Keeping shoulders and arms raised for long periods of time



Welding at low heights can force workers into awkward postures.

How to minimize the risk

Consider the following tips to reduce the risk of injury.



Use height-adjustable rollers or work tables to position work between your waist and your shoulders, close to your body.



Sit on a stool for low work.



Use specialized rollers to position work between your waist and your shoulders, close to your body.



Use an auto-darkening welding hood so you don't need to keep opening and snapping it closed. This helps reduce neck strain.

To maintain neutral arm postures and relieve arm fatigue, consider the following:

- Choose welding sets that have comfortable, well-positioned handles.
- Use welding guns that have swivels and can be used in either hand.
- Use a rotating clamp for holding pipe.

To minimize the effort required, consider the following:

- Put your welding cables on pulleys.
- Choose flexible cables.
- Use mechanical lifting equipment, particularly when loading or unloading material.
- Use height-adjustable mobile lift tables for transporting material into the shop.

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.		
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15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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