

MUSCULOSKELETAL DISORDERS (MSDs) SAFE LIFTING

Manual lifting of loads can result in MSDs (such as injuries to muscles, tendons, nerves, spinal discs, etc.)

WORKERS:

1. Manually lift loads in a safe manner
2. Follow proper techniques when lifting a load
3. Use devices that are provided to lift and position loads
4. Report MSD hazards and symptoms to your supervisor early
5. Know about your right to refuse unsafe work



EMPLOYERS/SUPERVISORS:

1. Identify hazards associated with manually lifting loads, including:
 - The weight and frequency of the load being lifted
 - The distance the load is lifted vertically
 - The distance the load is held from the body
2. Provide controls where lifting hazards exist
3. Train workers on how to safely lift loads

To report incidents, critical injuries or fatalities, call the Ministry of Labour at 1-877-202-0008. In an emergency, always call 911 immediately.

For more information:
www.ontario.ca/SafeAtWorkOntario

