

Work Safe Bulletin

Musculoskeletal Disorders

The Cement Finishing Labour Relations Association is an Ontario not-for-profit ICI employer organization whose purpose includes the promotion of safe work planning and practices.

The purpose of this document is to provide specific hazard information and promote discussion of safe work practices.

This bulletin does not contain a full analysis of the law, nor does it constitute a legal opinion. The CFLRA is not liable for any damages resulting from the use of this information.

If you have any questions, please feel free to contact us at 289-837-1627 or by e-mail at safety@cflra.ca

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Background:

Musculoskeletal disorders (MSD's) are soft tissue injuries caused by excessive forces, repetitive actions and awkward work postures. MSD's account for almost half of all workplace injuries in Ontario.

Considerations:

Each project has unique characteristics that require careful consideration. It is strongly recommended that this issue be discussed at the preconstruction meeting with your safety representative. To reduce the possibility of an incident, it is recommended that the following be considered:

1. Identify and assess job-related MSD hazards.
2. Advise and train workers about MSD hazards in their job and workplace.
3. Encourage workers to participate in their workplace's health and safety program through the reporting of MSD symptoms or concerns to their employer/supervisor.
4. Follow up to ensure preventative measures are working.

Put controls in place to reduce workers' exposure to MSD hazards:

1. Use materials handling equipment when possible.
2. Move smaller weights or get help.
3. Don't lift a load from the floor.
4. Avoid pushing, pulling and carrying of materials where possible.
5. Watch for contributing factors such as twisting and having to extend the reach to grasp or place the material.
6. Minimize work above your shoulder.
7. Keep your workplace clean and organized.

Further references:

- [Ministry of Labour \(Ontario\)](#)
- [OHSCO MSD Prevention Guide](#)
- [Ontario Regulation for Construction Projects.](#)
- [Infrastructure Health & Safety Association](#)

