

## Instructions:

Everyone should be able to recognize MSD risk factors and know what to do about them. Here are some situations that you can discuss as a group. Make sure everyone recognizes:

- 1) Whether there is a risk factor present
- 2) What kinds of risk factors could be present
- 3) What action/s they could take

Some examples may be more “borderline” than others; take the opportunity to have an open dialogue about why or why not the people described could suffer from an MSD. We have included some questions that may help begin and develop your group’s discussion. Take notes in the spaces provided.

You can complete all the examples or stop when you feel the employees fully understand the principles being taught.

**Good luck and stay safe!**

## Example #1

Frank was operating an overhead crane from an elevated cab to move a load of raw sugar in the warehouse. He completed the operation safely. At the end of his shift, Frank was in a rush to get out of the cab and get home. He twisted his back while exiting the cab and was hospitalized for the injury.

*What kind of ergonomic risk factors played into Frank's injury?*

*If you were in Frank's situation, what would you have done differently?*

## Notes:

## Example #2

Kurt is an electrician who works on 40- to 100-pound portable light fixtures used in aircrafts. Part of his tasks involve lifting these onto a work bench. Kurt's been doing this job for 12 years, and while he's experienced occasional back pain over the years, he's now noticing lower back pain every time he lifts a fixture.

*Is there an MSD at play here? If so, which could it be?*

*What steps could Kurt have taken to protect his health?*

## Notes:

## Example #3

Erin works for an office furniture manufacturer building office panels. She often has to reach upward as she fabricates the panels, which has started to cause a burning sensation in her shoulder and upper arm. Recently, Erin's arm has also started swelling, making it painful to lift.

*What are some actions Erin could take?*

## Notes:

## Example #4

John works as a parts assembler at a company that builds copiers and printers, where he assembles and disassembles roller components. His job often involves bending and reaching forward to work on roller pieces. He also has to hold down, clamp, and unclamp components. He's noticed pain in his right shoulder during work but tries to push through.

*Do you think John should be concerned? Why or why not?*

*What MSD risk factors are at play in John's job?*

## Notes:

## Example #5

George works as a truck driver. He often spends more than 8 hours on the road each day. He also loads and unloads heavy cargo from his trailer regularly. George has developed lower back and neck pain over the last year, but when he mentioned this to his employer, he was told that if he just pushed through the pain, it would get better.

*What myths or misconceptions are at play here?*

*What advice would you give George?*

## Notes:

## Example #6

Grace has worked as a gardener for 33 years. She's used powered saws and hedge trimmers almost every day and has never felt the need to take ergonomics training. Recently, however, Grace has experienced uncomfortable tingling and numbness in her fingers whenever she finishes trimming the hedges.

*What condition could Grace be suffering from?*

*How can you prevent vibration hazards in your workplace?*

## Notes:

Additional Notes: