

MSI Pillar 2: Right Tools for the Job

Posted in: Musculoskeletal Injury Prevention Series (1-4)

- The second pillar of protecting yourself is looking around to make sure that you have the right tools to do your job safely and to make sure your tools are fit to you. Without the right tools, it can be impossible to put yourself in a position to work without adding unnecessary stress to the body.
- Based on what you know, take a second and score yourself using the scale at the bottom of the page.
- Take a look around. What is stopping you from working in a 'neutral' or relaxed working posture?
- Are you handling and re-handling things because you don't have enough workspace?
- Are you overloading your body because you don't have mechanical assists or carts to make life easier?
- Do you find yourself always working at floor level because you don't have something to set your work on? Or do you find your self working overhead because you don't have a ladder or steps?
- Does the layout of your work or your tools force you to work in awkward posture?
- Some solutions are simple (e.g. lifting items off of the floor, getting a ladder/steps) and others are more difficult (e.g. changing complex tools or machines). What do you need to do now to make sure your work fits you rather than making you change your shape to fit your work? Aim high.



ERGORISK

This article was written by ErgoRisk

Your work set-up feels 'awkward' or 'painful' and your tools force you into positions that add stress to your muscles.		Your work set-up is 'fair'. You have some tools to help reduce stress on the body but you still occasionally do work that puts a lot of stress on the body				You have all of the tools you need. You know how to use them to reduce stress and strain on the body.			
1	2	3	4	5	6	7	8	9	10

