









MSD hazard summary sheet

MSD Hazard	Examples of Hazard
 <p>Force</p>	<p>High force demands = increased MSD risk Force-related MSD hazards can be present when lifting, pushing, pulling, carrying, gripping, using tools.</p> 
 <p>Posture</p>	<p>Awkward or static postures = increased MSD risk Posture-related MSD hazards can be present when bending, twisting, reaching, kneeling.</p> 
 <p>Repetition</p>	<p>Repetitive movements/actions = increased MSD risk Repetition-related MSD hazards can be present when doing the same thing over and over again, with little time for rest.</p> 
<p>Others</p>	<p>Other MSD hazards that can increase MSD risk Include contact stress, hand-arm vibration, whole-body vibration, hammering with hand/knee, working in cold temperatures or hot environments.</p> <p>Contact stress, hand-arm/whole-body vibration</p>  <p>Using hand/knees as hammer, cold and/or hot temperatures</p> 

When MSD hazards are present, report them to your supervisor and talk about ways to reduce your risk of developing MSDs.

Modified from Part 3A: MSD Prevention Toolbox – Getting Started
 Developed by Occupational Health and Safety Council of Ontario (OHSCO)