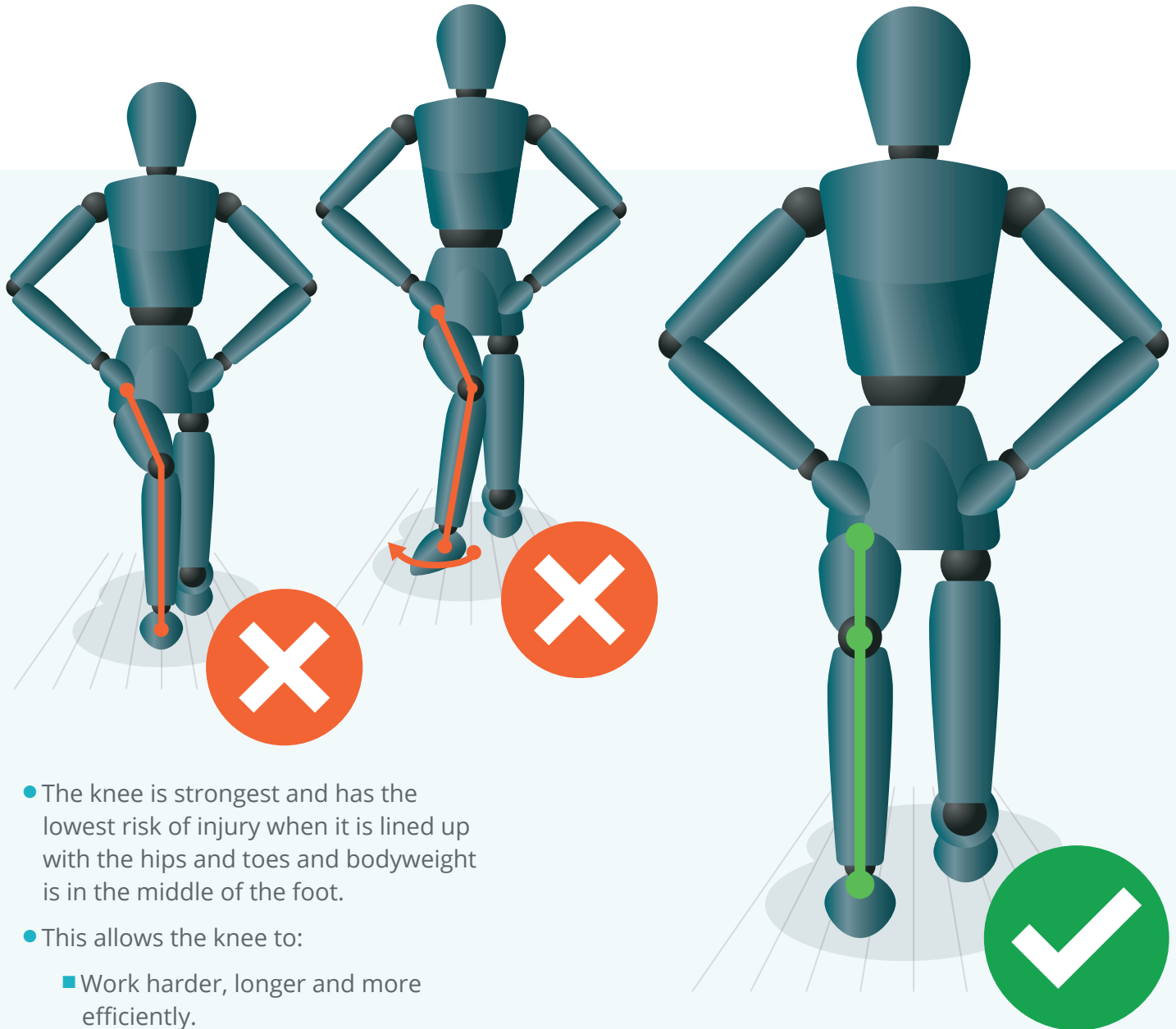


Positioning the Body to Reduce MSD Injury Risk

# FOCUS ON THE KNEE

Knee injuries represent half of all lower extremity lost-time claims in Ontario.



- The knee is strongest and has the lowest risk of injury when it is lined up with the hips and toes and bodyweight is in the middle of the foot.
- This allows the knee to:
  - Work harder, longer and more efficiently.
  - Tolerate higher work demands.

Whole body positioning should be part of a holistic ergonomics program that involves engineering and administrative controls for modifiable tasks. The hierarchy of controls should be followed when addressing hazards.



For more info visit:  
[msdprevention.com](https://msdprevention.com)

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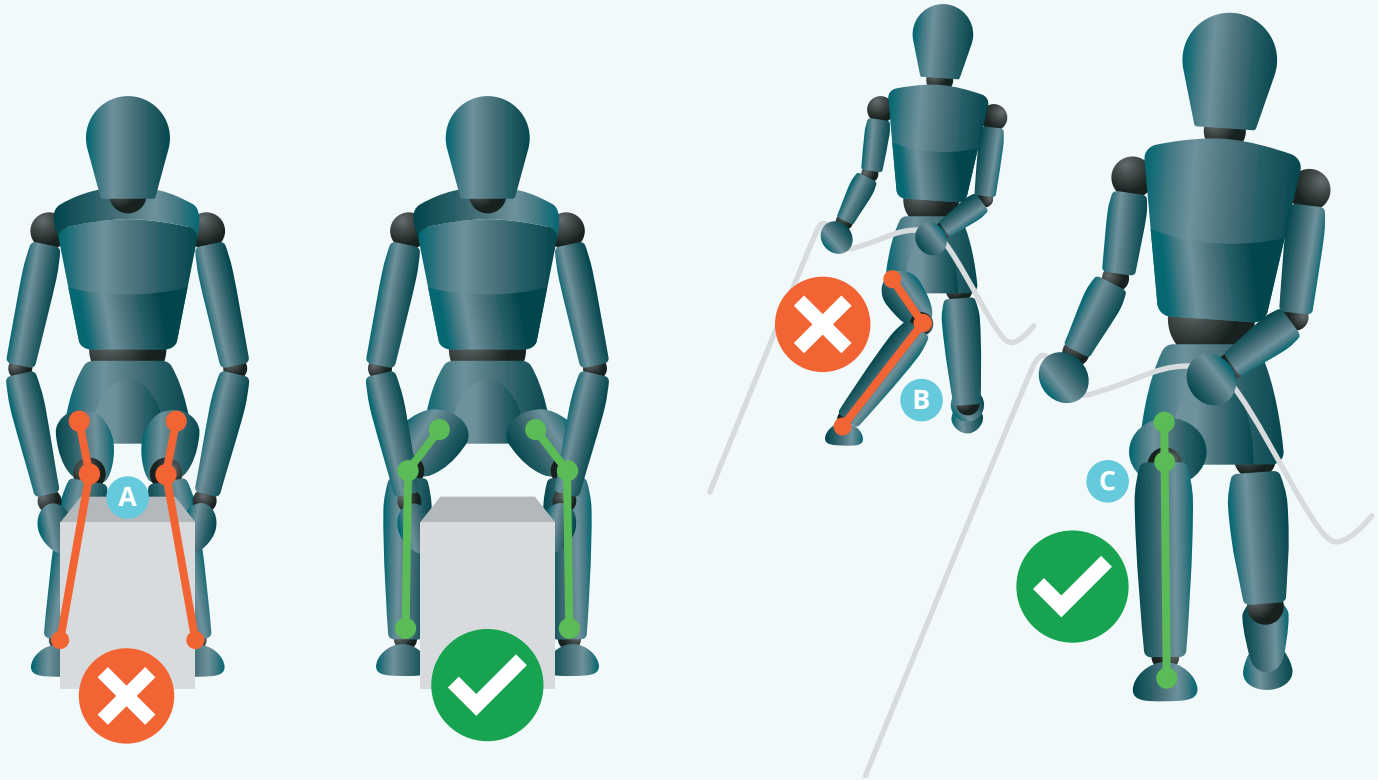
Centre of Research  
Expertise for the  
Prevention of  
Musculoskeletal Disorders

**Work  
shouldn't  
hurt**

## Positioning the Body to Reduce MSD Injury Risk

# FOCUS ON THE KNEE

### Examples of Tasks:



## DID YOU KNOW?

- A** The knee is more prone to injury when it collapses inward.
- The result of knee injuries are:
  - Absenteeism
  - Reduced strength
  - Delayed return to work

## KEEP IN MIND

- When handling heavy (and awkward) loads:
  - B** Limit side-to-side bending and twisting of the knee
  - C** Line up tip of knee cap over middle toe of foot
    - Keep body weight centred on bottom of foot for balance
    - Where possible, reduce frequency and duration of load handling

### LEGEND

**GREEN** – No action required if tasks are not held or repeated for long periods and no MSD symptoms are reported. Continue to monitor for MSD symptoms and check after workplace or process changes.

**YELLOW** – Investigations and improvement needed in the longer term. Investigation and improvement needed immediately if MSD symptoms are present.

**ORANGE** – Further assessment or improvement needed immediately.