

Controls

List MSD controls on site

Here are some examples of what you can do to reduce or prevent MSDs.

Manual handling of tools and materials

- Plan ahead to minimize material handling.
- Use carts, dollies, hoists, or other mechanical handling devices.
- Use ladder hoists, gin poles, daisy chains, or cranes to move materials on or off roofs.
- Use chain falls, motorized buggies, carrying handles, or extension handles for carrying large or awkward materials such as drywall.
- Break loads into smaller units. For instance, put cement in bags weighing less than 50 lb.
- Use shoulder pads when carrying loads on shoulders.
- Exercise and stretch before starting work.
- Label materials with their weight.
- Get another person to help you lift heavy objects.

Work at ground or floor level

- Use tables, benches, or stands to bring work to waist height.
- Store materials at waist height.
- Use pipe stands on pipe and steam fitting jobs, D-handles or longer handles for shovelling, rebar-tying devices, stand-up fastening systems for roof insulation, rug rippers, carpet stretchers, and pipe/conduit benders.

Overhead work

- Use drywall lifts, materials lifts, duct jacks, scissors lifts, and extension poles or stands for tools when doing overhead work.
- Make use of adjustable scaffolds, aerial work platforms, or other work platforms to decrease awkward postures.

Kneeling

- Use knee pads. Wear pants with knee pad pockets.
- Take mini rest and stretch breaks.

Hand tools

- Use handles that are more comfortable and give you a better grip.
- Select hand tools that are designed for a neutral wrist posture and that reduce the amount of force required.
- Use tools that are low torque, low kickback, and lightweight.
- Maintain your power tools regularly so that they run with low vibration.
- Use vibration-absorbing padding on grips and handles.

Demonstrate

Ask your crew to share ideas about how to reduce the risk of MSDs.