



## CONCRETE REINFORCING

### Awkward postures, repetitive tasks involving wrists boost MSI risk

Awkward postures and repetitive tasks involving the wrists are common risk factors for musculoskeletal injury (MSI).

Tying rebar requires the wrist to bend and twist in an awkward manner. Working in awkward postures can increase the risk of MSI.

#### Examples of MSI risk

- Bending the wrist forward and backward
- Bending the wrist from side-to-side
- Repeating these actions over and over



*Examples of awkward wrist postures*

#### MSI control options



*Use a rebar gun. It reduces awkward posture of the wrist when tying rebar.*



*Change technique. Reduce the number of repetitions by not over-twisting the tie. Often a half twist is enough.*



*Rotate tasks. Alternating between tasks works different parts of the body.*

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

(signature)

(signature)



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