

# MUSCULOSKELETAL DISORDERS (MSDs) CONSTRUCTION SITES

Manual materials handling (lifting, lowering, pushing, pulling and carrying) can result in MSDs (such as injuries to muscles, tendons, nerves, spinal discs, etc.)

## WORKERS:

1. Manually handle materials in a safe manner
2. Use devices that are provided to lift and position loads
3. Report MSD hazards and symptoms to your supervisor early
4. Know about your right to refuse unsafe work



## EMPLOYERS/SUPERVISORS:

1. Train workers on how to safely manually handle materials
2. Ensure appropriate access/egress routes where manual materials handling is occurring
3. Ensure obstruction free work areas and routes to/from work areas
4. Ensure safe manual materials handling on ladders
5. Maintain all equipment to avoid increased physical demands

To report incidents, critical injuries or fatalities, call the Ministry of Labour at 1-877-202-0008.  
In an emergency, always call 911 immediately.

For more information:  
[www.ontario.ca/SafeAtWorkOntario](http://www.ontario.ca/SafeAtWorkOntario)

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