Ergo (MSI) Incident Investigation Tips

Use this resource sheet to assist you in your investigation. This tip sheet is not an exhaustive list of options; it is meant to provide you with a starting point. Review UBC’s Ergonomics resources online or contact ergonomics.info@ubc.ca for further guidance if needed.

During an investigation look at why workers made the decisions they did: move beyond focusing on the individual’s personal factors and instead focus on understanding the risk factors in the workplace in order to develop effective control measures that eliminate/minimize the risk for all workers. Engineering controls are more effective than behavioural controls.

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| Is the task heavy or awkward?            | • Quantify weight  
• Describe shape/size  
• Describe lifting height (e.g. floor to waist level)  
• Describe frequency | • Mechanical lifting aids  
• Dolly/Cart  
• Furniture sliders  
• Reposition items to location that is easier to access  
• Purchase smaller boxes | • MMH Ergo Training  
• Use good lifting technique  
• Get help: 2+ people |
| Does the task require overhead work?     | • Describe frequency | • Reposition items below shoulder level  
• Extendable pole  
• Ladder | • Rotate tasks  
• Alternate arms  
• Micro-breaks |
| Does the task require low level work (e.g. bending)? | • Describe frequency  
• Describe degree of bending: slight, moderate or significant | • Reposition items higher  
• Extendable pole | • Rotate tasks  
• Micro-breaks  
• Knee pads  
• Support weight with one hand on thigh or on external surface |
| Does the task require awkward postures (e.g. twisting)? | • Describe frequency  
• Describe posture | • Reorganize space: ensure there is sufficient space to turn feet and avoid twisting  
• Tools such as extendable pole to reduce reach | • Rotate tasks  
• Micro-breaks  
• Posture: turn feet, step towards work, avoid twisting or extended reaching |
| Is the task repetitive?                  | • Describe frequency  
• Describe posture | • Reorganize work to reduce frequency & awkward postures | • Rotate tasks  
• Micro-breaks |