



Concrete Reinforcement

This Safety Talk is to raise awareness of workplace hazards that can cause a MSI. An injury that results in a strain, sprain, torn muscle, tendon, ligament or joint is called a MSI (musculoskeletal injury).

Because of the repetitive, often heavy manual material handling required to lift, carry, lower, and install reinforcing steel, rodworkers suffer a high number of MSIs.

The following safety information will provide you with training on assessing hazards that could lead to a MSI and instruct on implementing control measures to prevent a MSI.

Risk Assessment/Hazards

These risks and hazards have been identified to cause injuries:

- Lifting and carrying heavy loads
- One person lifts
- Pressure on shoulder muscles from carrying re-bar
- Rough-edged material in contact with soft tissue
- Bending over at the waist
- Maintaining bent posture for long periods
- Reaching away from the body
- Bending the wrist forward and backward
- Bending the wrist from side to side
- Repeating these actions over and over



Construction Safety Excellence™

Control Measures/Safeguards

Please take care and caution and follow these safe work procedures to prevent you from injury:

- Use mechanical aids. They ease the physical burden placed on workers.
- Plan placement of materials. Distributing smaller bundles of materials closer to where they will be used reduces manual materials handling.
- Use the two-person lift procedure. This reduces the weight one worker has to lift.
- Pad the shoulder area. Wide thick straps or extra fabric reduces pressure and softens the edges of rods packed on the shoulder.
- Use a re-bar tying machine. It allows workers to tie while standing upright.
- Use prefabricate steel arrangements. This reduces forward bending.
- Raise materials to waist height. This also reduces forward bending.
- Use a re-bar gun. It reduces awkward posture of the wrist when tying re-bar.
- 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.

Thought Provoking Questions

Do you currently use the two-person lift when lifting materials or re-bar? If not, think of activities where a two-person lift would be a benefit.

List areas where mechanical aids can ease the burden on workers on your job site. Are mechanical aids accessible on your job site?



SAFETY TALK

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed By: _____

Location: _____

Name & Number of Safety Talk

Employee Name:

Employee Signature:

Concerns:

Corrective Actions:
