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| **Company:**  | **Workplace Location:**  |
| **Prepared by:**  | **Date:** |
| **TASK** | **HAZARD** | **LEVEL OF RISK** | **CONTROL METHOD** |
| **Sorting – sort vegetables into proper grades (ie. 1st, 2nd, or cull if missed by graders)** | Musculoskeletal injury (MSI) | **Low** | * Do stretches or warm up exercises when starting shift.
* Continue using training skills, supervisors should refresh skills regularly.
* Take microbreaks.
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| **Reaching and moving around the product to grade out any defects and lifting full cases onto the conveyor belt** | Awkward positions, reaching, twisting, repetitive motions. | **Low - Moderate** | * Don’t reach too far, keep pallets close.
* Do stretches or short exercises when starting shift.
* Take microbreaks.
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| **Repeat above tasks for entire shift** | Repetitive motion, fatigue | **Low - Moderate** | * Try switching positions every 2 hours.
* Do stretches or short exercises at start of shift and during breaks.
* Take microbreaks.
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| **Other Recommendations:** |

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