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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. |
| **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. |
| **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. |
| **Other Recommendations:** | | | | |

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