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| **Company Information** |
| **Company:**  | **Workplace Location:**  |
| **Prepared by:**  | **Date:** |
| **TASK** | **HAZARD** | **LEVEL OF RISK** | **CONTROL METHOD** |
| **Picking up full cases of vegetables, one case or 2 at a time** | Musculoskeletal injury (MSI) | **Low - Moderate** | * Do stretches or warm up exercises when starting shift.
* Continue using training skills:
	+ Lift with knees.
	+ To not lift more than 2 cases at a time.
	+ Move body correctly when reaching or turning.
	+ Supervisors should refresh skills regularly.
* Take microbreaks
 |
| **Stacking cases onto a pallet** | Awkward positions, reaching, twisting, repetitive motions. | **Low - Moderate** |
| **Repetitively stacking cases** | Repetitive motion, fatigue | **Low - Moderate** |
| **Other Recommendations:** |

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