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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:** | | | | |

**Disclaimer:** This resource is intended for guidance and employers are advised to customize this document or design their own to meet their business needs and legal obligations. Once customized from its original content this disclaimer may be removed to function as part of your Safety Program. This resource does not relieve persons using it from their responsibilities under applicable legislation. If you need assistance contact us at www.AgSafeBC.ca