

Musculoskeletal Injury (MSI) Prevention

S can

1) Check the area and equipment 2) Assess what you are about to move 3) Are there any additional hazards? 4) Is assistance required?

A djust

As a result of your scan what adjustments might have to be made to
1) Body 2) Environment 3) Equipment 4) Assistance?

F ollow thru

1) Remember Big Jobs = Big Muscles 2) Use the Power Position (What is my head doing? What are my arms doing? What are my legs doing?) 3) Communicate with everyone involved.

E valuate

1) Is there anything that I need to report? 2) What went well? 3) Was there anything that did not go well that I or we as a team could improve on? 4) How am I feeling?



Remember to always be SAFE!

