



LOSS CONTROL NEWSLETTER

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Prevent Musculoskeletal Disorders

Musculoskeletal disorders (MSDs) are injuries that build up in the body over a period of time due to repeated stress to muscles and tendons. Jobs should be adjusted to fit the specific strength and ability of workers in order to avoid such injuries.

Common causes of MSDs

- **Repetitive Motions:** Such injuries can affect the upper body, especially the fingers, wrist, elbow, shoulder and neck, and are common problems for computer operators and workers who assemble small parts.
- **Forceful Movements:** Jobs that involve lifting often include forceful movements and awkward postures and can cause disabling lower back pain.
- **Awkward Postures:** Extended reaches and twisting are additional risk factors for MSDs.
- **Vibration:** Arm and hand vibration injuries can result from extensive use of tools like grinders, sanders, drills, jackhammers and chain saws.

Checklist for your daily routine

1. Is your workday filled with repetitive motions?
2. Do you try to vary your routines or take mini-breaks to give your muscles a rest?
3. Does your job require forceful movements and awkward postures?
4. Can you reduce these risks by better positioning of work materials to reduce lifting, stretching, bending and twisting?
5. Do you ask for help if an item is too heavy for you to lift by yourself?
6. Is your workstation adjustable for your size and individual needs?
7. If you sit all day, do you have a comfortable chair that has good back support and allows your feet to be flat on the floor?
8. Can you suggest simple changes to make your workstation more comfortable?
9. Do you avoid extensive use of tools that expose you to vibration?
10. Do you report any symptoms of MSDs to your supervisor so you can receive prompt treatment?



Eye Protection for Construction Workers

The construction industry has one of the highest eye injury rates in the country because of the dangerous nature of the work. If you use the proper eye protection, however, you can significantly reduce your risk of eye injury. You should always make sure the eye protection you're using is approved for the type of work being performed.

Types of eye protection

Safety glasses: Use safety glasses with side protection to protect against flying particles or objects from jobs like sawing, hammering and drilling. Wear safety glasses with shaded filter lenses to protect against harmful light radiation, such as during welding.

Goggles: Goggles will give you greater protection from flying particles or objects, chemical splashes and light radiation. Use them if you are sawing, chipping, grinding, doing masonry work, using a nail gun, pouring cement, working with chemicals, or welding.

Face shields: Use face shields to protect your eyes and face from splashes, hot slag, sparks, high temperatures, light radiation, flying debris, and molten metals when spraying, chipping, grinding or welding. Always wear face shields over safety glasses or goggles.

Prescription lenses: Prescription safety glasses, safety goggles designed to fit over eyeglasses, or protective goggles with mounted corrective lenses may be appropriate if you need corrective eyewear.

Eye protection tips

- Eye protection should always fit comfortably.
- Eyewear should not distort or block your vision.
- Remember to put your eye protection on before being exposed to a hazard.
- Keep your eye protection clean by washing it regularly with soap and water or with specialized cleaning products.
- Throw your protective eyewear away if it is scratched or otherwise damaged.

If you have any questions or need assistance regarding workplace safety, please contact your independent insurance agent or the Auto-Owners Loss Control HelpLine at 855.586.5388, or send an email to LossControlSupport@aoins.com.

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