

MANUFACTURING SAFETY ALERT

Ask Yourself
"Could it happen here?"

DESCRIPTION OF EVENT

Musculoskeletal Injury

An employee incurred a musculoskeletal injury (MSI) while replacing rolls and tubes in a veneer dryer after clearing a build-up. While attempting to position a roll into a bushing, the employee slipped. As they tried to regain control and reposition the roll, they felt a sudden tightening in their back and dropped the roll.

They were able to exit the dryer on their own but required first aid. After first aid was administered, they were transported to the hospital by ambulance and diagnosed with a muscle strain.

An investigation determined that slippery / unstable footing, awkward body positioning in a confined space, limited space made two-person lifts impractical, individual handling of heavy equipment and not using available prybars were the contributing factors.

SUGGESTED ACTIONS

- Perform stretching or warm-up exercises before engaging in physically demanding tasks.
- Use appropriate tools and lifting aids whenever possible.
- Take micro-breaks and rotate tasks to reduce strain and fatigue.
- Assess confined spaces for ergonomic risks and plan tasks accordingly.



**Musculoskeletal
injuries are the
most common
workplace injury.**

MOST IMPORTANT TAKE AWAY

Musculoskeletal injuries can happen to anyone - anytime - anywhere.

Take time to stretch and warm up before starting your shift and keep stretching throughout the day.

A little preparation goes a long way in preventing strains and staying safe.

MAG

Manufacturing Advisory Group



BC Forest Safety

BCFSC welcomes all incident or near-miss submissions. To protect your privacy, we will review and remove all identifying information.

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