

Ergonomics/ MSDs – Know The Laws of Your Province



Ergonomics and Musculoskeletal Disorders (MSDs) regulations prevent workplace injuries and promote employee well-being. These regulations address ergonomic hazards, such as repetitive motions, awkward posture, and heavy lifting which can lead to MSDs like back injuries, carpal tunnel syndrome, and joint pain. Employers are required to assess workplace risks, implement ergonomic solutions, and train workers in safe practices. While overarching principles are shared across Canada, specific requirements vary by province and territory. Notably, **New Brunswick (NB), Nova Scotia (NS), Ontario (ON), Prince Edward Island (PEI), and Yukon (YK)** require employers to take basic measures to prevent injuries from manual lifting, carrying, and transporting heavy or bulky objects. However, these jurisdictions do not have explicit OHS regulations spelling out broader ergonomic measures. **Employers** can enhance worker safety, reduce injury-related costs, and foster a healthier, more productive workplace by addressing ergonomic hazards.

FEDERAL

Under the [Canada Occupational Health and Safety Regulations](#), **Part XIX: Hazard Prevention Program (Sections 19.1 to 19.8)**, federally regulated **employers must** identify, assess, and mitigate hazards, including ergonomic risks, that may lead to musculoskeletal disorders (MSDs). The regulations mandate the

development and implementation of a comprehensive hazard prevention program that includes workplace assessments, **employee** training, and monitoring to address risks such as repetitive motions, awkward posture, and heavy lifting.

Hazard Prevention Program

(1) The **employer shall**, in consultation with and with the participation of the policy committee, or, if there is no policy committee, the work place committee or the health and safety representative, develop, implement, and monitor a program for the prevention of hazards, including ergonomics-related hazards, in the workplace that is appropriate to the size of the workplace and the nature of the hazards and that includes the following components:

- (a)** An implementation plan **Section 19.2.**
- (b)** A hazard identification and assessment methodology **Section 19.3.**
- (c)** Hazard identification and assessment; **Section 19.4.**
- (d)** Preventive measures **Section 19.5.**
- (e)** **Employee** training **Section 19.6.**
- (f)** A program evaluation. **Section 19.7.**

Further details on the Canada Occupational Health and Safety Regulations can be found at [Laws-lois.justice.gc.ca](https://laws-lois.justice.gc.ca).

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ALBERTA

Under Alberta's **[Occupational Health and Safety \(OHS\) Code](#)**, **Part 14: Lifting and Handling Loads, Section 211 and 211.1**, **employers** are required to minimize the risk of musculoskeletal disorders (MSDs) by implementing safe lifting and handling

practices. Compliance with these standards is critical to protecting workers from injuries, enhancing workplace safety, and fostering a healthier work environment in Alberta.

Musculoskeletal injuries

If a worker reports to the **employer** what the worker believes to be work-related symptoms of a musculoskeletal injury, the **employer must** promptly:

(a) review the activities of that worker, and of other workers doing similar tasks, to identify work-related causes of the symptoms, if any, and

(b) take corrective measures to avoid further injuries if the causes of the symptoms are work-related. **Section 211.**

Training to prevent musculoskeletal injury

An **employer must** ensure that a worker who may be exposed to the possibility of musculoskeletal injury is trained in specific measures to eliminate or reduce that possibility. **Section 211.1(1).**

An **employer must** ensure that the training referred to in subsection (1) includes:

(a) Identification of factors that could lead to a musculoskeletal injury.

(b) The early signs and symptoms of musculoskeletal injury and their potential health effects.

(c) Preventive measures including, where applicable, the use of altered work procedures, mechanical aids, and personal protective equipment. **Section 211.1(2).**

For more information:

Assessing manual handling hazards

Before a worker manually lifts, lowers, pushes, pulls, carries, handles or transports a load that could injure the worker, an **employer must** perform a hazard assessment that considers:

- (a) the weight of the load,
- (b) the size of the load,
- (c) the shape of the load,
- (d) the number of times the load will be moved, and
- (e) the manner in which the load will be moved. **Section 210(1).**

Before a worker performs any manual patient/client/resident handling activities, an **employer must** perform a hazard assessment that considers the worker's physical and mental capabilities to perform the work. **Section 210(2).**

If the hazard assessment required by section 7 and subsections (1) and (2) determines that there is a potential for musculoskeletal injury, an **employer must** ensure that all reasonably practicable measures are used to eliminate or reduce that potential in accordance with section 9. **Section 210(3).**

Further details on the Occupational Health And Safety Code can be found at [Ohs-laws.alberta.ca](https://www.ohs-laws.alberta.ca).

BRITISH COLUMBIA

Under British Columbia's [Occupational Health and Safety \(OHS\) Regulation](#), Part 4: General Conditions, Sections 4.46 to 4.53, **employers** are required to manage ergonomic risks in the workplace to prevent musculoskeletal disorders (MSDs). These sections mandate **employers** to identify, assess, and control risks associated with repetitive motions, awkward postures,

and manual handling of heavy loads.

Ergonomics (MSI) Requirements

The purpose of sections **4.46 to 4.53** is to eliminate or, if that is not practicable, minimize the risk of musculoskeletal injury to workers.

Definition

In sections 4.47 to 4.53 (**the Ergonomics (MSI) Requirements**) “*musculoskeletal injury*” or “*MSI*” means an injury or disorder of the muscles, tendons, ligaments, joints, nerves, blood vessels, or related soft tissue including a sprain, strain, and inflammation, that may be caused or aggravated by work. **Section 4.46.**

Risk control

(1) The **employer must** eliminate or, if that is not practicable, minimize the risk of MSI to workers.

(2) Personal protective equipment may only be used as a substitute for engineering or administrative controls if it is used in circumstances in which those controls are not practicable.

(3) The **employer must**, without delay, implement interim control measures when the introduction of permanent control measures will be delayed. **Section 4.50.**

Education and training

(1) The **employer must** ensure that a worker who may be exposed to a risk of MSI is educated in risk identification related to the work, including the recognition of early signs and symptoms of MSIs and their potential health effects.

(2) The **employer must** ensure that a worker to be assigned to work which requires specific measures to control the risk of

MSI is trained in the use of those measures, including, where applicable, work procedures, mechanical aids, and personal protective equipment. **Section 4.51.**

Evaluation

(1) The **employer must** monitor the effectiveness of the measures taken to comply with the Ergonomics (MSI) Requirements and ensure they are reviewed at least annually.

(2) When the monitoring required by subsection (1) identifies deficiencies, they must be corrected without undue delay. **Section 4.52.**

Consultation

(1) The **employer must** consult with the joint committee or the worker health and safety representative, as applicable, with respect to the following when they are required by the Ergonomics (MSI) Requirements:

- (a) Risk identification, assessment, and control;
- (b) The content and provision of worker education and training;
- (c) The evaluation of the compliance measures taken.

(2) The **employer must**, when performing a risk assessment, consult with:

- (a) Workers with signs or symptoms of MSI, and
- (b) a representative sample of the workers who are required to carry out the work being assessed. **Section 4.53.**

For more information:

- Risk identification by employer of risk of musculoskeletal injury. **Section 4.47.**
- Risk factors of MSI. **Section 4.49.**

Further details on the Occupational Health and Safety (OHS) Regulation can be found at Worksafebc.com.

MANITOBA

Under Manitoba's [Workplace Safety and Health Act and Regulation](#), **Part 8: Musculoskeletal Injuries (Sections 8.1 and 8.2)**, **employers** are required to identify, assess, and control risks associated with musculoskeletal injuries (MSIs). These regulations mandate the development of measures to prevent injuries caused by repetitive motions, awkward postures, and manual handling tasks.

Part 8 Musculoskeletal Injuries

Risk assessment

(1) When an **employer** is aware, or ought reasonably to have been aware, or has been advised, that a work activity creates a risk of musculoskeletal injury, the **employer must**:

(a) Ensure that the risk is assessed by a competent person; and

(b) on the basis of the assessment, implement control measures to eliminate or reduce, so far as is reasonably practicable, the risk of musculoskeletal injury to the worker. **Section 8.1(1).**

(2) The control measures may include one or more of the following:

(a) Providing, positioning and maintaining equipment that is designed and constructed to reduce or eliminate the risk of musculoskeletal injury;

(b) Developing and implementing safe work procedures to eliminate or reduce the risk of musculoskeletal injuries;

(c) Implementing work schedules that incorporate rest and

recovery periods, changes to workload or other arrangements for alternating work;

(d) Providing personal protective equipment in accordance with Part 6 (Personal Protective Equipment). **Section 8.1(2).**

(3) An **employer** must:

(a) Monitor the effectiveness of any control measure implemented to eliminate or reduce the risk of musculoskeletal injury; and

(b) where the monitoring identifies that a risk of musculoskeletal injury is not being or has not been eliminated or reduced, implement further control measures, where it is reasonably practicable to do so. **Section 8.1(3).**

Duty to inform workers

An **employer must** ensure that every worker who may be exposed to a risk of musculoskeletal injury:

(a) Is informed of the risk and of the signs and common symptoms of any musculoskeletal injury associated with the worker's work; and

(b) receives instruction and training respecting any control measure implemented by the **employer**. **Section 8.2.**

Further details on the Workplace Safety and Health Act and Regulation can be found at Gov.MB.ca.

NEW BRUNSWICK

In New Brunswick, while the [Occupational Health and Safety \(OHS\) Act](#) does not explicitly address ergonomic hazards, the duty to identify, assess, and control them is implied under **Section 9(1)(a)**, which requires **employers** to ensure a safe and healthy workplace. Additionally, **Section 52 of the [OHS General Regulation](#)** emphasizes the need for safe handling practices to

minimize the risk of injury, including musculoskeletal disorders (MSDs).

Duties of Employer

(1) Every **employer shall**:

(a) Take every reasonable precaution to ensure the health and safety of its **employees**. **Section 9(1)(a)**.

Equipment and Training

Where the health or safety of an **employee** handling an object or material may be endangered, an **employer shall** ensure that:

(a) adequate and appropriate equipment is provided to the **employee** and is used by the **employee** for lifting and moving the object or material, and

(b) the **employee** is instructed as to the appropriate method of lifting and moving objects and material. **Section 52**.

Further details on the Occupational Health and Safety Act and the OHS General Regulation can be found at Laws.gnb.ca or at GNB.ca.

NEWFOUNDLAND & LABRADOR

Under Newfoundland and Labrador's **[Occupational Health and Safety Regulations](#)**, **Part VI: Occupational Health Requirements, Sections 50 to 54**, **employers** are required to address ergonomic hazards in the workplace to prevent musculoskeletal disorders (MSDs). These regulations mandate the identification, assessment, and control of risks associated with repetitive tasks, awkward postures, and manual material handling.

Musculoskeletal Injury Prevention

(1) For the purpose of this section and sections 51 to 54, "*musculoskeletal injury (MSI)*" means an injury or disorder of

the muscles, tendons, ligaments, joints, nerves, blood vessels, or related soft tissue, including a sprain, strain, and inflammation, that may be caused or aggravated by work.

(2) An **employer shall**:

(a) Recognize factors in the workplace that may expose workers to a risk of musculoskeletal injury; and

(b) evaluate the risk to workers presented by the factors that have been recognized under paragraph (a). **Section 50.**

MSI: Risk Control

(1) An **employer shall** eliminate, or where elimination is not practicable, minimize the risk of musculoskeletal injury to a worker through the implementation of a control measure that may include one or more of the following:

(a) Providing, positioning, and maintaining equipment that is designed and constructed to reduce or eliminate the risk of musculoskeletal injury;

(b) Developing and implementing safe work procedures to eliminate or reduce the risk of musculoskeletal injury;

(c) Implementing work schedules that incorporate rest and recovery periods, changes to workload or other arrangements for alternating work;

(d) Providing personal protective equipment in accordance with Part VII .

(2) Personal protective equipment may only be used as a substitute for engineering or administrative controls where it is used in circumstances in which those controls are not practicable.

(3) An **employer shall**, without delay, implement interim control measures when the introduction of permanent control

measures is delayed. **Section 51.**

MSI: Education and Training

An **employer shall** ensure that a worker who is or may be exposed to a risk of musculoskeletal injury is:

(a) Educated in risk identification related to work, including the recognition of early signs and symptoms of musculoskeletal injury and its potential health effects; and

(b) trained in the use of specific control measures, including, where applicable, work procedures, mechanical aids, and personal protective equipment. **Section 52.**

For more information:

- MSI: evaluation. **Section 53.**
- MSI: consultation. **Section 54.**

Further details on the Occupational Health and Safety Regulations can be found at Assembly.NL.ca.

NOVA SCOTIA

In Nova Scotia, while the [Occupational Health and Safety \(OHS\) Act](#) does not explicitly address ergonomic hazards, the duty to identify, assess, and control them is implied under **Section 13(1)(a)**, which obligates **employers** to provide a safe workplace. Additionally, **Section 26 of the [OHS Safety General Regulations](#)** requires **employers** to ensure safe handling practices to minimize the risk of injuries, including musculoskeletal disorders (MSDs).

Employers' Precautions and Duties

(1) Every **employer shall** take every precaution that is reasonable in the circumstances to:

(a) Ensure the health and safety of persons at or near the

workplace. **Section 13(1)(a).**

General Handling of Objects and Material

Where the lifting or moving of a thing or person may be a hazard to the health or safety of a person at the workplace, an **employer shall** ensure that:

(a) Adequate and appropriate equipment for the lifting and moving is provided; and

(b) training and instruction as to the appropriate method of performing the lifting and moving is provided in accordance with the equipment manufacturer's instructions, or, where there are no equipment manufacturer's instructions, in accordance with adequate work methods and lifting and moving techniques. **Section 26.**

Further details on the Occupational Health and Safety (OHS) Act and the OHS Safety General Regulations can be found at NSlegislature.ca or NovaScotia.ca.

NORTHWEST TERRITORIES & NUNAVUT

Under the **Northwest Territories and Nunavut [Occupational Health and Safety Regulations](#), Part 6: General Health Requirements, Section 85**, employers are required to address ergonomic hazards to prevent musculoskeletal disorders (MSDs). These regulations mandate the identification, assessment, and mitigation of risks associated with manual handling, repetitive tasks, and awkward postures.

Musculoskeletal Injuries

(1) In this section, "*musculoskeletal injuries*" means injuries or disorders of the muscles, tendons, ligaments, nerves, joints, bones, or supporting vasculature that are caused or aggravated by any of the following:

- (a) Repetitive movement.
- (b) Forceful exertion.
- (c) Vibration.
- (d) Mechanical compression.
- (e) Sustained or awkward posture.
- (f) Limitation on motion or action.
- (g) Other ergonomic stressors (blessures musculosquelettiques).

(2) An **employer shall** regularly review the activities at the worksite that could cause or aggravate musculoskeletal injuries, in consultation with the Committee or representative or, if there is no Committee or representative available, the workers.

(3) If an activity that could cause or aggravate musculoskeletal injuries is identified under subsection (2), an **employer shall**:

- (a) Inform each worker who could be at risk of the injuries of that risk and of the signs and common symptoms of those injuries; and
- (b) provide effective protection for each worker who could be at risk of the injuries, including:
 - (i) Providing equipment that is designed, constructed, positioned, and maintained to reduce the harmful effects of the activity,
 - (ii) Implementing appropriate work practices and procedures to reduce the harmful effects of the activity, or
 - (iii) implementing work schedules that incorporate rest and recovery periods, changes in workload or other arrangements

for alternating work to reduce the harmful effects of the activity.

(4) An **employer shall** ensure that a worker who could be at risk of developing musculoskeletal injuries is instructed in the safe performance of their work, including the use of appropriate work practices and procedures, equipment, and personal protective equipment.

(5) If a worker has symptoms of musculoskeletal injuries, an **employer shall:**

- (a) Advise the worker to consult a medical professional; and
- (b) promptly review the activities of the worker and of other workers doing similar tasks, to identify the cause of the symptoms and to take corrective measures to avoid further injuries. **Section 85.**

For more information:

- Lifting and Handling Loads. **Section 82.**

Further details on Occupational Health and Safety Regulations can be found at [Canlii.org](https://canlii.org).

ONTARIO

In Ontario, while the [Occupational Health and Safety \(OHS\) Act](#) does not explicitly address ergonomic hazards, the duty to identify, assess, and control them is implied under **Section 25(2)(h)**, which requires **employers** to take every precaution reasonable in the circumstances for worker safety. Additionally, **Section 45 of the [OHS Industrial Establishments Regulation](#)** mandates the implementation of safe practices for material handling to minimize risks, including musculoskeletal disorders (MSDs).

Duties of Employers

(2) An **employer shall**:

(h) Take every precaution reasonable in the circumstances for the protection of a worker. **Section 25(2)(h).**

Material Handling

Material, articles, or things:

(a) Required to be lifted, carried, or moved **shall** be lifted, carried, or moved in such a way and with such precautions and safeguards, including protective clothing, guards, or other precautions as will ensure that the lifting, carrying, or moving of the material, articles, or things does not endanger the safety of any worker;

(b) **Shall** be transported, placed, or stored so that the material, articles, or things:

(i) will not tip, collapse, or fall, and

(ii) can be removed or withdrawn without endangering the safety of any worker; and

(c) to be removed from a storage area, pile or rack, **shall** be removed in a manner that will not endanger the safety of any worker. **Section 45.**

Further details on the Occupational Health and Safety (OHS) Act and the OHS Industrial Establishments Regulation can be found at [Ontario.ca](https://www.ontario.ca) or [Ontario.ca/Laws](https://www.ontario.ca/Laws).

PRINCE EDWARD ISLAND

In Prince Edward Island, while the [Occupational Health and Safety \(OHS\) Act](#) does not explicitly address ergonomic hazards, the duty to identify, assess, and control them is implied under **Section 12(1)(a)**, which obligates **employers** to provide a safe and healthy workplace. Additionally, **Section 43.8 of the [OHS Act General Regulations](#)** outlines requirements

for safe manual handling practices to reduce the risk of musculoskeletal disorders (MSDs).

Handling Materials

The **employer shall** ensure that:

(a) Where practicable, mechanical appliances **shall** be provided and used for lightening and carrying materials and articles;

(b) Workers assigned to handle material **shall** be instructed how to lift and carry material on an individual basis, the overriding factor being the physical condition of each worker including sex and age when relevant;

(c) Where heavy objects are lifted or carried by two or more workers, the raising and lowering of the loads **shall** be governed by well understood signals in order to ensure unity of action;

(d) Where heavy objects, such as loaded drums or tanks, are handled on inclines in either direction:

(i) Ropes or other tackle **shall** be used to control their motion, in addition to the necessary chocks or wedges, and

(ii) workers **shall** be prohibited from standing between the skids on the downhill side;

(e) Where heavy objects are moved by means of rollers, bars, or sledges **shall** be used instead of hands or feet for changing the direction of the rollers while in motion;

(f) Workers handling objects with sharp edges, fins, splinters, or similar dangerous projecting parts, or handling hot, caustic, or corrosive material, **shall** be provided with and **shall** use suitable protective clothing and equipment;

(g) Unless specific instructions are given to the contrary, loaded boxes, and crates **shall** be piled on the sides having

largest area;

(h) The piles **shall** be effectively cross-tied by suitable means;

(i) Loaded cartons **shall** not be piled to such a height as to cause collapse of the lower cartons in the pile and **shall** be protected against moisture;

(j) Lumber stored in yards **shall** be piled on supports above the grounds, the horizontal or slightly inclined layers separated by tie pieces, the ends of which will not project into walkways;

(k) Pipe and bar stock **shall**, where practicable, be piled on stable storage racks so located that the withdrawal of the material does not create a hazard;

(l) Where empty barrels or drums, large pipe, rolls of paper, or other cylindrical objects are piled on their sides, the piles **shall** be symmetrical and stable; and every unit in the bottom row **shall** be carefully wedged;

(m) Where storage racks are not provided for pipe and bar stock, the stock **shall** be piled on layers resting on wood strips with stock blocks fixed on the ends or on metal bars with unturned end;

(n) Where loaded barrels, drums, or keys are piled on their ends, the piles **should** be low and two planks should be laid side by side on top of each row before another row is started;

(o) Equipment or objects, such as foundry flasks, forging dies, foundry castings and the like, **shall** be piled in a stable, orderly way on level and substantial foundation and arranged in order of size and type. **Section 43.8.**

For more information:

- Duties of employers. **Section 12(1)(a).**

Further details on the Occupational Health and Safety (OHS) Act and the OHS Act General Regulations can be found at PrinceEdwardIsland.ca or PrinceEdwardIsland.ca//legislation.

QUÉBEC

Under Quebec's [Act Respecting Occupational Health and Safety](#), **Division XX: Special Ergonomic Measures (Sections 166 to 171)**, **employers** are required to implement measures to prevent musculoskeletal disorders (MSDs) caused by ergonomic hazards. Compliance with these ergonomic measures ensure safer workplaces, reduces the likelihood of injuries, and promotes **employee** well-being across industries in Quebec.

Division XX – Special Ergonomic Measures

Handling: Workers assigned to the handling of loads or persons **shall** be instructed in the proper manner of performing their work safely.

When the manual moving of loads or persons compromises the worker's safety, mechanical devices **shall** be put at his disposal. **Section 166.**

Working on piles: A worker **shall** have the necessary equipment allowing him to reach the top of piles of material safely, such as step ladders, portable ladders, pinch grips, or any other equipment designed for such purpose. **Section 167.**

Level of work: The height of workbenches and the position of chairs **shall** be adapted to the work and the worker in such manner as to ensure workers a correct posture and to reduce their fatigue. **Section 168.**

Position: Tools, handles, and materials **shall** be located in positions that facilitate work and reduce strain. **Section 169.**

Chairs and benches: Workers **shall** have chairs or benches put at their disposal when the nature of their work so permits. **Section 170.**

Break for meals: When the duration of the work exceeds 5 hours, a break of at least 30 minutes **shall** be granted to allow workers to eat a meal.

Unless there is agreement to the contrary, this break for meals **shall** begin in a 2-hour period situated in the middle of the worker's work period. **Section 171.**

Further details on the Act Respecting Occupational Health and Safety can be found at [Legisquebec.gouv.qc.ca](http://legisquebec.gouv.qc.ca).

SASKATCHEWAN

Under Saskatchewan's [Occupational Health and Safety Regulations](#), **Part 6: General Health Requirements, Section 6-18, employers** are required to identify, assess, and control ergonomic risks that could lead to musculoskeletal disorders (MSDs). These regulations focus on minimizing hazards associated with repetitive movements, awkward postures, and manual material handling.

Musculoskeletal injuries

(1) In this section, "*musculoskeletal injury*" means an injury or disorder of the muscles, tendons, ligaments, nerves, joints, bones, or supporting vasculature that may be caused or aggravated by any of the following:

- (a) Repetitive motions.
- (b) Forceful exertions.
- (c) Vibration.
- (d) Mechanical compression.

(e) Sustained or awkward postures.

(f) Limitations on motion or action.

(g) Other ergonomic stressors.

(2) An **employer or contractor**, in consultation with the committee, **shall** regularly review the activities at the place of employment that may cause or aggravate musculoskeletal injuries.

(3) If a risk of musculoskeletal injury is identified, an **employer or contractor shall**:

(a) Inform each worker who may be at risk of developing musculoskeletal injury of that risk and of the signs and common symptoms of any musculoskeletal injury associated with that worker's work; and

(b) provide effective protection for each worker who may be at risk, which may include any of the following:

(i) Providing equipment that is designed, constructed, positioned, and maintained to reduce the harmful effects of an activity;

(ii) Implementing appropriate work practices and procedures to reduce the harmful effects of an activity;

(iii) Implementing work schedules that incorporate rest and recovery periods, changes in workload or other arrangements for alternating work to reduce the harmful effects of an activity.

(4) An **employer or contractor shall** ensure that workers who may be at risk of developing musculoskeletal injury are instructed in the safe performance of the worker's work, including the use of appropriate work practices and procedures, equipment, and personal protective equipment.

(5) If a worker has symptoms of musculoskeletal injury, an **employer or contractor shall**:

(a) Advise the worker to consult a physician or a health care professional who is registered or licensed pursuant to an Act to practice any of the healing arts; and

(b) promptly review the activities of that worker and of other workers doing similar tasks to identify any cause of the symptoms and to take corrective measures to avoid further injuries. **Sections 6-18.**

Further details on the Occupational Health and Safety Regulations can be found at Saskatchewan.ca.

YUKON

In Yukon, while the [Occupational Health and Safety \(OHS\) Act](#) does not explicitly address ergonomic hazards, the duty to identify, assess, and control them is implied under **Section 3(1)**, which obligates **employers** to ensure a safe workplace. Additionally, **Section 8.03 of the [Workers' Safety and Compensation \(WSC\) Regulations](#)** outlines safe handling practices to minimize the risk of musculoskeletal disorders (MSDs).

Employer's Duties

(1) Every **employer shall** ensure, so far as is reasonably practicable. **Section 3(1).**

Mechanical Lifting

(1) Mechanical appliances for lifting or carrying materials and objects that are too heavy or awkward for workers to lift **shall** be provided and used.

Lift Training

(2) Workers required to lift or carry objects **shall** be trained

to do the job safely.

Coordination of Lift

(3) Where two or more workers are involved in lifting or carrying heavy objects, the raising or lowering of the objects **shall** be coordinated by well-understood signals to ensure unity of action.

Loaded Drums

(4) Where heavy objects such as loaded drums or tanks are handled on inclines in either direction:

(a) Ropes or other tackle **shall** be used in controlling their motion, and

(b) workers **shall** not stand between the skids on the downhill side. **Section 8.03.**

Further details on the Occupational Health and Safety (OHS) Act and Workers' Safety and Compensation (WSC) Regulations can be found at Laws.yukon.ca and Wcb.yk.ca.