

Overexertion Toolbox Talk Handout



BENEFITS

Various ergonomics-related risk factors can cause workers to develop musculoskeletal injuries (MSIs), such as back strain and carpal tunnel syndrome. One of the most common of these risk factors is overexertion. To protect workers from developing MSIs due to overexertion, it's important that you train workers on what overexertion is, why it occurs, its symptoms and how to prevent it.

HOW TO USE THE TOOL

Adapt this handout for your operations and equipment, OHS program and the requirements in your jurisdiction's OHS laws. Give it to workers as part of a safety talk to educate them on overexertion and other risk factors that can lead to MSIs.

OTHER RESOURCES:

WSCC's [March 2016 SafetyNet eNewsletter](#)

[MSI Risk Factors Toolbox Talk Handout](#)

[Lifting Safety Toolbox Talk Handout](#)

[Materials Handling: How to Protect Workers Moving or Storing Materials](#)

[Lifting hazard assessment checklist](#)

[Ergonomics risk factor checklist](#)

Forms for investigating injuries to the [neck, shoulder and upper back](#)

[Ergonomics Compliance Centre](#)