

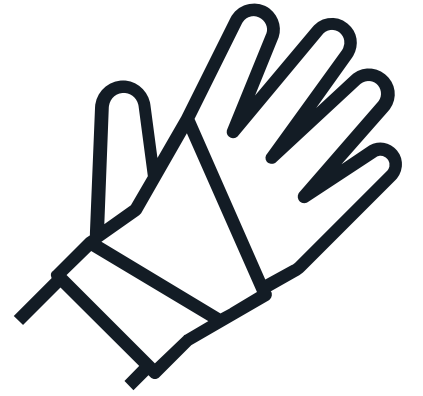
June 2025 Safety Calendar: Musculoskeletal disorders



Musculoskeletal disorders (MSD's) are one of the leading loss exposure types for workplace injuries across all industries. Common types of MSD's include strains and sprains, back pain, neck and shoulder pain, joint disorders and other conditions. It's important to implement ergonomic job task best practices to minimize the strain of the musculoskeletal system. Below are some best practices to reduce the risks.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lifting heavy items (pushing/pulling/gripping)	2 Awkward postures	3 Contact stress (kneeling on floor)	4 Excessive repetition	5 Years of service	6 Inadequate safety job task training	7 Excessive force
Week 1: Work-related risk factors						
8 Pushing carts	9 Carrying luggage	10 Stripping beds	11 Cleaning bathrooms	12 Carrying trays	13 Reaching to clean shower wall	14 Using power tools
Week 2: Identify and address high risk job tasks that can cause MSD's						
15 Ergonomic focused observations of high-risk tasks <small>Father's Day</small>	16 Feedback from frontline employees	17 Act on employee feedback	18 Development and implementation of job task best practices	19 Enforcing compliance with best practices <small>Juneteenth</small>	20 Collaborate on improvements	21 Discuss success stories
Week 3: Methods to reduce job task MSD's						
22 Twisting and turning	23 Kneeling and crawling	24 Running, skipping or hopping	25 Bending	26 Hunching shoulders	27 Reaching overhead or reaching behind the body	28 Deviated wrist positions
Week 4: Awkward postures to avoid						
29	30					

June 2025



Musculoskeletal disorders:

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Week 1

Work-related risk factors

1. Lifting heavy items (pushing/pulling/gripping)
2. Awkward postures
3. Contact stress (kneeling on floor)
4. Excessive repetition
5. Years of service
6. Inadequate safety job task training
7. Excessive force

Week 2

Identify and address high risk job tasks that can cause MSD's

1. Pushing carts
2. Carrying luggage
3. Stripping beds
4. Cleaning bathrooms
5. Carrying trays
6. Reaching to clean shower wall
7. Using power tools

Week 3

Methods to reduce job task MSD's

1. Ergonomic focused observations of high-risk tasks
2. Feedback from frontline employees
3. Act on employee feedback
4. Development and implementation of job task best practices
5. Enforcing compliance with best practices
6. Collaborate on improvements
7. Discuss success stories

Week 4

Awkward postures to avoid

1. Twisting and turning
2. Kneeling and crawling
3. Running, skipping or hopping
4. Bending
5. Hunching shoulders
6. Reaching overhead or reaching behind the body
7. Deviated wrist positions

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