

October 2026 Safety Calendar:

Real Estate

Verist.



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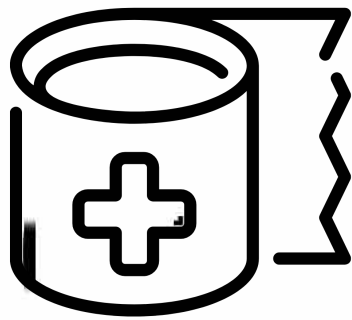
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Musculoskeletal disorders (MSD's) are one of the leading loss exposure types for workplace injuries across all industries. Common types of MSD's include strains and sprains, back pain, neck and shoulder pain, joint disorders and other conditions. It's 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. This may apply to engineering, maintenance, porters/janitors, office staff and others.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Week 1 - Work Related Risk Factors		
				Lifting Heavy Items (Pushing/Pulling/Gripping)	Awkward Postures	Contact Stress (Kneeling on Floor)
				1	2	3
				Week 2 - Identify and Address High Risk Job Tasks That Can Cause MSD's		
Excessive Repetition				Pushing Carts	Carrying Tools	Handling Garbage
4				8	9	10
				Week 3 - Methods to Reduce Job Task MSD's		
Working on Ladders				Ergonomic Focused Observations of High-Risk Tasks	Feedback From Frontline Employees	Act on Employee Feedback
11				15	16	17
				Week 4 - Awkward Postures to Avoid		
Development and Implementation of Job Task Best practices				Twisting and Turning	Kneeling and Crawling	Running, Skipping or Hopping
18				22	23	24
Bending	Hunching Shoulders	Reaching Overhead or Reaching Behind the Body	Deviated Wrist Positions	Asymmetrical Loading / One-Sided Carrying	Foot Elevation and Awkward Ankle/Leg Positioning	
25	26	27	28	29	30	

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. This may apply to Engineering, maintenance, porters/janitors, office staff and others.



Week 1 Work Related Risk Factors	Week 2 Identify and Address High Risk Job Tasks That Can Cause MSD's	Week 3 Methods to Reduce Job Task MSD's	Week 4 Awkward Postures to Avoid
• Lifting Heavy Items (Pushing/Pulling/Gripping) • Awkward Postures • Contact Stress (Kneeling on Floor) • Excessive Repetition • Years of Service • Inadequate Safety Job Task Training • Excessive Force	• Pushing Carts • Carrying Tools • Handling Garbage • Working on Ladders • Carrying Trays • Overhead Repairs • Using Power Tools	• Ergonomic Focused Observations of High-Risk Tasks • Feedback From Frontline Employees • Act on Employee Feedback • Development and Implementation of Job Task Best practices • Enforcing Compliance with Best Practices • Collaborate on Improvements • Discuss Success Stories	• Twisting and Turning • Kneeling and Crawling • Running, Skipping or Hopping • Bending • Hunching Shoulders • Reaching Overhead or Reaching Behind the Body • Deviated Wrist Positions • Asymmetrical Loading / One-Sided Carrying • Foot Elevation and Awkward Ankle/Leg Positioning

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