



Ergo (MSI) Incident Investigation Tips

Use this resource sheet to assist you in your investigation. This tip sheet is not an exhaustive list of options; it is meant to provide you with a starting point. Review UBC’s Ergonomics resources [online](#) or contact ergonomics.info@ubc.ca for further guidance if needed.

During an investigation look at why workers made the decisions they did: move beyond focusing on the individual’s personal factors and instead focus on understanding the risk factors in the workplace in order to develop effective control measures that eliminate/minimize the risk for all workers. Engineering controls are more effective than behavioural controls.

Questions to ask	Hazard Description- Input info in CAIRS	Control Measures- Engineering Changes	Control Measures- Administrative/Behavioural
Is the task heavy or awkward ?	<ul style="list-style-type: none"> Quantify weight Describe shape/size Describe lifting height (e.g. floor to waist level) Describe frequency 	<ul style="list-style-type: none"> Mechanical lifting aids Dolly/Cart Furniture sliders Reposition items to location that is easier to access Purchase smaller boxes 	<ul style="list-style-type: none"> MMH Ergo Training Use good lifting technique Get help: 2+ people
Does the task require overhead work ?	<ul style="list-style-type: none"> Describe frequency 	<ul style="list-style-type: none"> Reposition items below shoulder level Extendable pole Ladder 	<ul style="list-style-type: none"> Rotate tasks Alternate arms Micro-breaks
Does the task require low level work (e.g. bending)?	<ul style="list-style-type: none"> Describe frequency Describe degree of bending: slight, moderate or significant 	<ul style="list-style-type: none"> Reposition items higher Extendable pole 	<ul style="list-style-type: none"> Rotate tasks Micro-breaks Knee pads Support weight with one hand on thigh or on external surface
Does the task require awkward postures (e.g. twisting)?	<ul style="list-style-type: none"> Describe frequency Describe posture 	<ul style="list-style-type: none"> Reorganize space: ensure there is sufficient space to turn feet and avoid twisting Tools such as extendable pole to reduce reach 	<ul style="list-style-type: none"> Rotate tasks Micro-breaks Posture: turn feet, step towards work, avoid twisting or extended reaching
Is the task repetitive ?	<ul style="list-style-type: none"> Describe frequency Describe posture 	<ul style="list-style-type: none"> Reorganize work to reduce frequency & awkward postures 	<ul style="list-style-type: none"> Rotate tasks Micro-breaks