

Reducing the Risk of Injury to Child Care Workers

Storage

Storing items incorrectly or unsafely may result in some actions or movements that can present risk of musculoskeletal injury (MSI).

MSI risk factors related to storing items may include:

- Working in awkward postures, such as bending forward, twisting or reaching over shoulder height or to the side
- Using force, for example, when lifting an item away from the body or moving items multiple times
- Holding the same position for a length of time
- Repeating the same movements frequently

What you can do to help reduce the risk of MSI

Consider the following tips to reduce the risk:

Organize storage with shelving or use shallow closet spaces. This will allow workers to position themselves close to the items they are lifting, minimize multiple lifts, and avoid long reaches to the back of the space.



Store heavy, frequently accessed items around hip or waist height with light items spaced at low and high heights.

Use a step stool to access high shelving instead of reaching overhead.



Learn more about reducing MSI risk factors at worksafebc.com/ergonomics.