**TOP 5 HAZARDS**

**MSDs** – (Backs, Shoulders, Arms, Torso)

* Factors contributing to risk
* Lifting heaving loads – 20 Kg bags of sale/de-icer
* Awkward posture above chest height
* Repetitive motion – Shovelling , Stooped posture
* Sitting, twisting in operating trucks/tractors
* Vibration while driving – Long hours
* Shovelling, moving equipment, lifting heavy loads immediately after driving in static position
* Rushing
* Fatigue

**FALLS** – Same level, From one level to the next

* Getting in and out of vehicles
* Getting in and out of back of truck
* Shovelling operating equipment
* Applying de-icers on slippery surfaces
* Covered surface
* Steps
* Rushing to get work done – time pressure
* Visibility of walking surfaces, irregularities without snow cover

**Struck By/Caught in Equipment, Machinery, Flying Objects**

* Operating, servicing and freeing up jams in moving equipment, blades, pay loaders, Spreaders, Snow blowers
* Pinch and catch points – Augers
* Objects thrown by equipment
* Fatigue
* Rushing – cutting corners
* Equipment maintenance – good operating order

**MVI**

* Operating vehicles on slippery roadways
* Poor visibility
* Other vehicles
* Pedestrians
* Fatigue – long house, sleep deprived

**Cold Exposure**

* Extremities – Frostbite
* Alternating heavy work and sitting
* Perspiring then cooling
* Vehicle stuck in snow, awaiting help
* Wet, Damp