May 2025 Real Estate Calendar: Musculoskeletal disorders

This calendar is designed to enhance safety awareness and provide a better understanding of specific loss exposures and best practices to reduce those exposures. Each month will contain a safety topic and daily associated tips. See the following page for weekly topics.

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 likelihood of a musculoskeletal related injury. Below are some best practices to reduce the risks.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 2
4 Lifting heavy items (pushing/ pulling/gripping)	5 Awkward postures	6 Contact stress (kneeling on floor)	7 Excessive repetition	8 Years of service	9 Inadequates
Week 1: Work related risk factors	12	13	14	15	16
Pushing carts	Carrying tools	Transporting ladders	Handling garbage	Working on HVAV and other mechanicals	Use of powe
Week 2: Identify and address high ris	k job tasks that can cause MSD's				
18 Ergonomic focused observations of high-risk tasks	19 Feedback from employees	20 Act on employee feedback	21 Development and implementation of job task best practices	22 Enforcing compliance with best practices	23 Collaborate
Week 3: Methods to reduce job task	MSD's				
25	26 Memorial Day	27	28	29	30
Twisting and turning	Kneeling and crawling	Running, skipping or hopping	Bending	Hunching shoulders	Reaching over behind the b
Week 4: Awkward postures to avoid					

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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
 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 Transporting ladders Handling garbage Working on HVAV and other mechanicals Use of power tools Shoveling snow 	 Ergonomic focused observations of high-risk tasks Feedback from employees Act on employee feedback Development and implementation of job task best practices Enforcing compliance with best practices Collaborate on improvements Discuss success stories

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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