

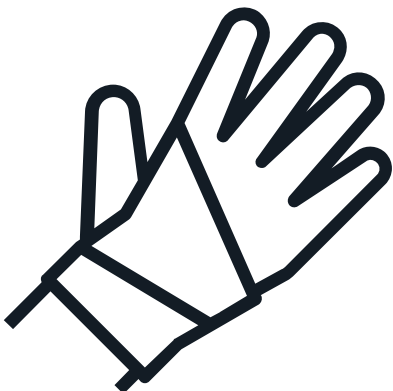
May 2025 Real Estate Calendar: Musculoskeletal disorders

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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	Saturday
				1	2	3
4	5	6	7	8	9	10
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
Week 1: Work related risk factors						
11	12	13	14	15	16	17
Pushing carts	Carrying tools	Transporting ladders	Handling garbage	Working on HVAV and other mechanicals	Use of power tools	Shoveling snow
Week 2: Identify and address high risk job tasks that can cause MSD's						
18	19	20	21	22	23	24
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
Week 3: Methods to reduce job task MSD's						
25	26	27	28	29	30	31
Twisting and turning	Kneeling and crawling	Running, skipping or hopping	Bending	Hunching shoulders	Reaching overhead or reaching behind the body	Deviated wrist positions
Week 4: Awkward postures to avoid						



Musculoskeletal disorders:

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Week 1	Week 2	Week 3	Week 4
Work related risk factors	Identify and address high risk job tasks that can cause MSD’s	Methods to reduce job task MSD’s	Awkward postures to avoid
<div>1. Lifting heavy items (pushing/pulling/gripping)</div> <div>2. Awkward postures</div> <div>3. Contact stress (kneeling on floor)</div> <div>4. Excessive repetition</div> <div>5. Years of service</div> <div>6. Inadequate safety job task training</div> <div>7. Excessive force</div>	<div>1. Pushing carts</div> <div>2. Carrying tools</div> <div>3. Transporting ladders</div> <div>4. Handling garbage</div> <div>5. Working on HVAV and other mechanicals</div> <div>6. Use of power tools</div> <div>7. Shoveling snow</div>	<div>1. Ergonomic focused observations of high-risk tasks</div> <div>2. Feedback from employees</div> <div>3. Act on employee feedback</div> <div>4. Development and implementation of job task best practices</div> <div>5. Enforcing compliance with best practices</div> <div>6. Collaborate on improvements</div> <div>7. Discuss success stories</div>	<div>1. Twisting and turning</div> <div>2. Kneeling and crawling</div> <div>3. Running, skipping or hopping</div> <div>4. Bending</div> <div>5. Hunching shoulders</div> <div>6. Reaching overhead or reaching behind the body</div> <div>7. Deviated wrist positions</div>