

"Eyes on Safety" MSD Prevention Challenge

Manager Guide

Total Time: 15 minutes

Materials Needed: Checklist, video access, pens/pencils

Location: High-traffic work area (MUST be shut down during meeting)

Opening & Setup (2 minutes)

Safety First - Equipment Shutdown

"Before we start, we need this area completely shut down for safety during our discussion."

[Ensure all equipment in the area is stopped and secured]

Welcome Back

"Good morning! Yesterday we focused on fire safety. Today we're doing an 'Eyes on Safety' challenge focusing on preventing muscle and joint injuries - what we call musculoskeletal disorders or MSDs."

Introduce Today's Leader (If applicable)

"[Name] is going to lead today's discussion from right here in our work area. [Name], take it away!"

Set the Framework (Discussion leader takes over)

"Today we're using OSHA's 'Eyes on Safety' approach - we'll look around our actual work area and identify things that could cause muscle and joint injuries."

Video Segment (3 minutes)

Setup

"Before we dive into looking around, let's watch [a short video](#) about preventing muscle and joint injuries in the workplace."

MSD Hazard Observation (10 minutes)

Instructions for the Team



"We'll go through different injury risks and look around for actual examples. Point to what you see as we discuss each topic."

[Follow checklist sections - lifting hazards, repetitive motions, slip/trip/falls, work height - using the observational questions]

Remember: The power of "Eyes on Safety" is observing real conditions in real time. Keep people focused on what they can actually see and point to in your work area.

Quick Assessment

"Based on what we observed, let me quickly identify:"

- *"Things we handle well (✓)"*
- *"Areas we could improve (?)"*
- *"Issues that need attention (X)"*

Return to Work Safely

"Great observations, everyone. Before we restart equipment, let's make sure everyone is clear of the work area and ready to resume normal operations safely."