

Duration

Affected Sectors: All

Injuries can increase when tasks are performed for prolonged durations without allowing time for the tissues to recover. Duration refers to the length of time – minutes or hours during a shift, or even days, weeks, or years – performing similar tasks.

When long durations accompany other types of hazards, such as force, posture, or repetition, the chance of an injury increases. The longer a muscle or muscle group is used, the quicker they fatigue. Smaller muscles fatigue faster than larger ones. Increased fatigue increases the risk of a musculoskeletal injury (MSI).

Hazard Types Affected By Duration

- Force
- Frequency/Repetition
- Posture
- Temperature/Environment
- Noise

Possible Controls

Quick Wins

- Change positions and/or tasks frequently to avoid muscle fatigue.
- Schedule frequent breaks in order to allow muscles to recover and prevent fatigue.

Long-Term Planning

- Look at eliminating the need to manually lift materials – change processes or invest in equipment.
- Plan work flow and staffing levels to allow for a reasonable work pace.

