Saskatchewan Occupational Health & Safety Code: Part VI, Sections 78-83 *(condensed)*

Part VI: Lifting and Handling Loads

78 (1) An employer shall ensure, where reasonably practicable, suitable equipment for handling of heavy or awkward loads.

(2) Where equipment is not practicable, an employer shall ensure that manual handling requirements are minimized.

(3) An employer shall ensure no worker engages in manual handling that may be injurious to the worker

(4) Workers engaged in lifting, holding or transporting of loads receive appropriate training in safe methods

Part VI: Standing Tasks

79 (1) Where workers are required to stand for long periods an employer shall provide adequate anti-fatigue mats, footrests or other suitable devices

(2) Where wet processes are used, an employer shall ensure that reasonable drainage is maintained and kept clean.

Part VI: Sitting Tasks

80 (1) Where, workers have reasonable opportunities for sitting without substantial detriment to their work, an employer shall provide and maintain appropriate seating

(2) Where a substantial portion of any work can properly be done sitting, an employer shall provide and maintain:

(a) a seat that is suitably designed, constructed, dimensioned and supported for the worker to do the work; and

(b) where needed, a footrest that can readily and comfortably support the worker's feet.

Part VI: Musculoskeletal Injuries

(2) An employer, in consultation with the committee, shall regularly review activities that may cause or aggravate musculoskeletal injuries.

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(3) Where a risk of musculoskeletal injury is identified, an employer shall:

(a) inform each worker who may be at risk and of the signs and symptoms of MSIs associated with the work; and

(b) provide effective protection for each worker who may be at risk

(4) An employer shall ensure that workers are instructed in safe performance, including appropriate work practices and procedures, equipment and personal protective equipment.

(5) Where a worker has symptoms of an MSI, an employer shall:

(a) advise the worker to consult a physician or a health care professional; and

(b) promptly review the activities of that worker and of other workers doing similar tasks to identify causes and take corrective measures to avoid further injuries.

Part VI: Shift work, constant effort, exertion

Where a worker works shifts, or a work demands constant and uninterrupted mental effort, or constant and uninterrupted physical exertion, an employer shall:

- assess the risks to the worker's health and safety of the worker's work; and
- inform the worker of the nature and extent of the risks mentioned and ways to eliminate or reduce those risks.

Part VI: Visually Demanding Tasks

83(1) An employer shall identify any tasks that involve a potentially harmful visual demand on a worker.

(2) An employer shall:

(a) take all practicable steps to reduce the harmful visual demand of those tasks;

(b) inform worker of risks performing those tasks;

(c) advise worker to consult a physician / optometrist if any persistent vision impairment, disability or visual strain results from performing tasks