

# MSD Prevention / Ergonomics

Guy's Construction  
123 Main Street, Anytown, CA 90210

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Ontology-Backed Safety Document

T8 CCR 5110

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Effective Date: June 08, 2026

**SAMPLE DOCUMENT - NOT FOR COMPLIANCE USE**

## JURISDICTION AND REGULATORY FRAMEWORK

### STATE-SPECIFIC: California has the following requirements:

- repetitive motion injury prevention program required

*T8 CCR 5110*

- repetitive motion injury prevention program (when 2+ identical work-related MSDs reported)

*T8 CCR 5110*

- California is the only state with an enforceable ergonomics standard; federal OSHA has no ergonomics standard (proposed rule rescinded 2001)

*Cal/OSHA Title 8 Section 5110*

- provide operator protection against the hazard of falling objects
- Repetitive Motion Injury program when 2+ employees have RMIs from identical work activity

*Cal/OSHA T8 Section 5110(a)*

- repetitive motion injury program - no federal equivalent

*Cal/OSHA T8 Section 5110*

- means of adjustment sealed after being set to the correct pressure
- the surface discharge of hydrostatic test water, storm water from diked areas, and produced water from tanks or other containment vessels
- no visible sheen or discoloration as a result of testing
- at all times during a personnel lift over water
- all vessels with installed toilet facilities
- 1000 fecal coliform/100ml
- <1000 fecal coliform/100ml
- 200 fecal coliform
- <200 fecal coliform
- fiberboard box (4G) or fiber drum (1G) with plastic inner packaging not exceeding 5 kg (11 lbs) and maximum net mass not more than 25 kg (55 lbs)
- third physician to conduct examinations, consultations, laboratory tests and discussions with prior physicians as necessary to resolve disagreement
- a diagrammatic sketch of the mechanical installation along with a detailed explanation of the flow, procedures and frequency of well tests, calibration/proving of metering devices and allocation formulas
- the overall status of implementation of the provisions of this Part relating to the identification, inventory, and removal of underwater obstructions
- a list of interested parties (those with interests in the leases and/or units from which production is to be commingled for which the applicant has no existing commingling authority)
- musculoskeletal injuries
- ergonomic program when 2+ employees report repetitive motion injuries from same work activity within 12 months, diagnosed by licensed physician

*Cal/OSHA Title 8 Section 5110*

- California T8 CCR 5110 mandates the establishment of a formal ergonomic program as an integral part of the overall Injury and Illness Prevention Program (IIPP). This requirement is specifically aimed at reducing the occurrence of repetitive motion...

*T8 CCR 5110*

- to the on-site USACE safety and health professional for review and acceptance prior to beginning any operation (debris removal, tree removal, blue-roof activities, leaners and hangers, etc)
- when the rigging block begins to take load
- operated at a hoop stress less than 30 percent of SMYS and at or above 100 psi (689 kPa) gauge (except for service lines and plastic pipelines)
- if power line conditions change, prior to work commencing
- 20 mppcf
- work area control per § 1926.1424
- areas where permissible equipment is required
- an affidavit on Form 1006D to the Conservation Division concerning the operator's statewide plugging liability
- Appropriate response to alert, alarm and malfunction signals
- The mine ventilation system including planned air directions

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## FEDERAL OSHA REQUIREMENTS

- repetitive motion from riveting, drilling, sealing creates musculoskeletal disorders; awkward postures inside fuselage sections; overhead work on wing assemblies; vibration from pneumatic tools; addressed via General Duty Clause and OSHA ergonomics guidelines (no specific standard)

*OSH Act Section 5(a)(1) General Duty Clause + OSHA Ergonomics Guidelines*

- manual handling of heavy valve operators, chain drives, manhole covers (100+ lbs); repetitive sampling and testing; working in cramped pipe galleries and underground vaults; addressed via General Duty Clause and OSHA ergonomics guidelines

*OSH Act Section 5(a)(1) + OSHA Ergonomics Guidelines*

- 1910 general industry applies: walking surfaces, exit routes, fire extinguishers, hazcom for cleaning chemicals, electrical safety, ergonomics (General Duty Clause for repetitive motion)

*29 CFR 1910 (various)*

- The NIOSH Lifting Equation is a mathematical tool used to calculate the recommended weight limit for manual lifting tasks. It considers various factors such as horizontal and vertical distance, asymmetry, and frequency to determine a safe lifting limit to prevent work-related lower back injuries.

*NIOSH*

- Section 1904.8 through 1904.12

*29 CFR 1904.4(b)(1)(iv)*

- Marine Sanitation Device (MSD) required on all vessels with installed toilet facilities. Type I MSD: treats sewage, discharge <1000 fecal coliform/100ml. Type II MSD: advanced treatment, <200 fecal coliform. Type III MSD: holding tank (no discharge). No discharge of untreated sewage within 3 NM;...

*33 CFR Part 159; MARPOL Annex IV*

- 1000 fecal coliform/100ml
- <1000 fecal coliform/100ml
- 200 fecal coliform
- <200 fecal coliform
- musculoskeletal injuries
- increased risk of musculoskeletal disorders

## COMPANY PROCEDURES

Guy's Construction implements the following procedures for msd prevention / ergonomics:

- Guy's Construction shall: repetitive motion from riveting, drilling, sealing creates musculoskeletal disorders; awkward postures inside fuselage sections; overhead work on wing assemblies; vibration from pneumatic tools;...

*OSH Act Section 5(a)(1) General Duty Clause + OSHA Ergonomics Guidelines*

- Guy's Construction shall: manual handling of heavy valve operators, chain drives, manhole covers (100+ lbs); repetitive sampling and testing; working in cramped pipe galleries and underground vaults; addressed via General...

*OSH Act Section 5(a)(1) + OSHA Ergonomics Guidelines*

- Guy's Construction shall: 1910 general industry applies: walking surfaces, exit routes, fire extinguishers, hazcom for cleaning chemicals, electrical safety, ergonomics (General Duty Clause for repetitive motion)

*29 CFR 1910 (various)*

- Guy's Construction shall: Marine Sanitation Device (MSD) required on all vessels with installed toilet facilities. Type I MSD: treats sewage, discharge <1000 fecal coliform/100ml. Type II MSD: advanced treatment, <200 fecal...

*33 CFR Part 159; MARPOL Annex IV*

- Guy's Construction shall: 1000 fecal coliform/100ml

## TRAINING REQUIREMENTS

- All employees involved in this scope of work must receive initial training before beginning work
- Refresher training when procedures change or deficiencies are observed
- Training must be documented with date, topic, trainer, and attendees

## RECORDKEEPING

- Training records: duration of employment
- Inspection/monitoring records: project duration + 3 years
- Incident reports: 5 years

## California STATE-SPECIFIC REQUIREMENTS (FULL)

- repetitive motion injury prevention program required

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- California is the only state with an enforceable ergonomics standard; federal OSHA has no ergonomics standard (proposed rule rescinded 2001)

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*Cal/OSHA Title 8 Section 5110*

- California T8 CCR 5110 mandates the establishment of a formal ergonomic program as an integral part of the overall Injury and Illness Prevention Program (IIPP). This requirement is specifically aimed at reducing the occurrence of repetitive motion injuries through systematic evaluation and...

*T8 CCR 5110*

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- operation (debris removal, tree removal, blue-roof activities, leaners and hangers, etc)
- when the rigging block begins to take load
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