

Appendix A

WSIB Standard Medical Precautions

What is a Precaution?

A precaution is a safety measure taken to prevent injury or exacerbation of an existing injury. Activities listed are to be minimized or avoided to ensure precaution is accommodated.

The following precautions are meant to be general. Specific precautions or absolute restrictions (i.e. No bending) should be indicated in a Functional Abilities Form or documented by the Health Professional. Use these specific precautions if provided rather than the WSIB Standard Medical Precautions.

Standard Back Precautions

- repetitive trunk movements
- bending
- lifting limitation
- prolonged standing
- prolonged postures
- low level work
- heavy push/pull, twisting

Standard Neck Precautions

- repetitive neck movement
- above shoulder and overhead activity
- lifting limitations

Standard Shoulder Precautions

- repetitive shoulder movement
- lifting limitation
- above shoulder level activity
- repetitive use of the upper extremity against resistance
- limited range of movement

Standard Upper Extremity Precautions (elbow, wrist, hand)

- repetitive movement of the involved joint against resistance
- rotation (supination/pronation), pulling, pushing, lifting
- repetitive gripping
- maintain work surface at waist height

Standard Lower Extremity Precautions (hip, knee, ankle and foot)

- repetitive movement of the involved joint against resistance
- prolonged weight bearing
- rough ground walking
- low level activity (e.g. stooping, squatting)
- climbing stairs and ladders