

THE BASICS

MSI DEFINITION

Some work activities can strain our bodies. This may lead to injuries to our muscles, tendons, ligaments and joints. This type of injury is called a **musculoskeletal injury or MSI**.



Common Terms

- Overexertion
- Strain or Sprain
- Repetitive Strain Injury
- Soft Tissue Injury

MSI SIGNS AND SYMPTOMS can be seen or felt and may indicate the early stages of a musculoskeletal injury. They may appear suddenly or develop gradually over time.

Signs include:

- Redness
- Swelling
- Difficult Movements

Symptoms include:

- Stiffness
- Weakness
- Pain
- Numbness/ Tingling

Report early signs and symptoms to your supervisor/ manager before a serious injury occurs, and call the Staff Injury and Incident Reporting Call Centre at 1 877 EHS VIHA (347 8442).

ERGONOMICS is the practice of preventing injuries by designing a safe and user oriented workplace.

POTENTIAL HEALTH EFFECTS & RISK FACTORS

POTENTIAL HEALTH EFFECTS OF MSI

- If early signs and symptoms are not reported, they can progress into conditions with long-term effects.

For example:

Tendonitis - swelling of a tendon, a band of tissue attaching muscle to bone.

Muscle Strain Injuries - continued soreness or injury due to overexerting a body part.

Carpal Tunnel Syndrome - pressure on a nerve in the wrist, resulting in pain, numbness/ tingling or weakness.

ERGONOMIC RISK FACTORS

Parts of our job that may strain our bodies or increase the risk of injury (MSI) are called **risk factors**.

The major work-related risk factors are:

1. Repetitive Work
2. Exerting a Force
3. Awkward and Static Postures
4. Contact Stress or Pressure

1. REPETITIVE WORK

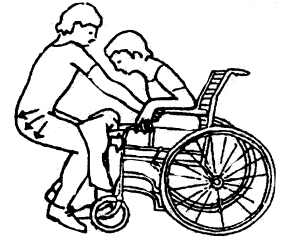
- Performing similar motions with the same body part with little rest or recovery.



ERGONOMIC RISK FACTORS - CONTINUED -

2. EXERTING A FORCE

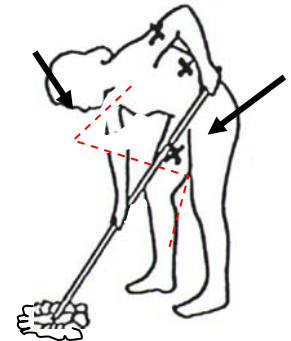
- Exerting a force on a person or object may overload our muscles and tendons. The force may come from gripping, lifting, pushing or pulling.



3. POSTURE

Awkward Posture

- A joint posture outside the 'safe' or comfortable range of movement.



Static Posture

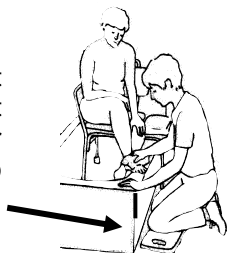
- Holding a posture for a period of time.



ERGONOMIC RISK FACTORS - CONTINUED -

4. CONTACT STRESS

Pressure on a body part by a hard/ sharp object that is strong or prolonged enough to damage tissues.



OTHER FACTORS

that can affect the risk of injury (MSI) are:

1. WORKPLACE LAYOUT
 - Working heights or reach distances
2. OBJECTS HANDLED
 - Size, shape and weight of objects
3. ENVIRONMENT
 - Temperature and vibration
4. TASK ORGANIZATION
 - Performing similar or different tasks
5. DURATION
 - Length of time exposed to a risk factor
6. UNEXPECTED BEHAVIOUR
 - Unpredictable person or equipment

WHAT YOU CAN DO

Take responsibility for your safety

1. Watch your posture. Avoid awkward positions, especially when handling a person or object.
2. Try different ways to do a task, change your posture or the hand you use.
3. Stretch when doing physical work.
4. Maintain your physical fitness.
5. Expect the unexpected.
6. Report any obvious risk factors to your supervisor/ manager. Together, develop ideas to reduce or eliminate the risk.
7. Report signs and symptoms to your supervisor/ manager, then to the Staff Injury and Incident Reporting Call Centre at 1 877 EHS VIHA (347 8442).
8. For more information contact your area MSIP Advisor or local OT/PT dept.

VIHA MSIP ADVISORS

North Island Sites

Phone: 250 850 2141

Ext. 62286

Fax: 250 850 2679

Central Island Sites

Phone: 250 755 7691

Ext. 57408

Fax: 250 716 7784

South Island Sites

Phone: 250 370 8111

Ext. 3208 or Ext. 3242

Fax: 250 519 1541

For more MSIP Information:

www.viha.ca/wellness_and_safety/safety_prevention/programs/msip



ERGONOMICS AND MUSCULOSKELETAL INJURY PREVENTION (MSIP)