

MADE SAFE NL

Musculoskeletal Injury Prevention

Musculoskeletal injuries (MSIs) are injuries or disorders of the muscles, tendons, ligaments, joints, nerves, blood vessels or other related soft tissues.

In both the Manufacturing and Fish Processing industries, musculoskeletal injuries (MSIs) are responsible for the majority of lost-time claims in Newfoundland & Labrador.

Common incident types usually include overexertion in lifting and bending / climbing / crawling / reaching / twisting, which result in either sprains, strains or tears.

An employer must recognize factors in the workplace that may expose workers to a risk of MSI.

Risk factors may include:

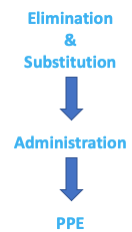
- high level of repetitive work
- greater than normal levels of exertion
- sustained or awkward posture
- high levels of contact stress
- extreme environmental conditions such as temperature, lighting and vibration

Ergonomics is a scientific discipline dedicated to designing jobs, tasks, products, environments and systems to make them compatible with the needs, abilities and limitations of people.

By incorporating Ergonomics into each element of your OH&S Program, MSIs can be prevented.

Controls to help minimize risk of MSI may include:

- providing, position, and maintaining equipment that is designed to reduce or eliminate risk of MSI
- implementing safe work procedures
- implementing work schedules that incorporate rest and recovery periods, change to workload or alternating work
- providing personal protective equipment



Made Safe NL is dedicated to working with industry partners on providing resources and training that is specific to the manufacturing and processing industry and building awareness among employers and employees to help reduce the number and severity of musculoskeletal injuries in Newfoundland and Labrador.