



## Musculoskeletal Injury (MSI) Prevention – Early Detection & Reporting

Recent statistics for Newfoundland and Labrador show MSIs accounting for 68% of all lost time claims, translating to \$96 million in annual claims costs. [\\*WorkplaceNL](#)

Musculoskeletal injuries (MSIs) are injuries or disorders of the muscles, tendons, ligaments, joints, nerves, spinal discs or other related soft tissues. They can occur from a single acute event, for example, lifting a heavy load resulting in an immediate injury. Alternatively, many more MSIs are cumulative in nature, happening from repeated exposure over time. These types of MSIs can be prevented with early detection and reporting.

It is important to understand the stages, symptoms, and recovery potential so you can report as early as possible:

### Early Stage

- At work, the body aches and individuals feel tired, but symptoms disappear with rest away from work. The aches and fatigue do not interfere with the ability to work.
- The injury will likely heal completely if given immediate attention.

### Intermediate Stage

- The injured area aches and feels weak soon after the start of work, until well after work has ended.
- The injury will likely heal completely if given immediate attention.

### Advanced / Late Stage

- The injured area aches and feels weak, even at rest or while asleep. Even light duties are very difficult.
- It is possible to fully recover from an injury in its advanced stages however, it may require more intervention to correct it.

Not everyone goes through these stages in the same way. No one knows your body better than you. If you experience discomfort or pain while completing your work tasks, report it to your supervisor as soon as possible. Early intervention will give you the best chance at preventing long-term injuries.