

# MSD Prevention

## workers

### What are MSD?

Musculoskeletal Disorders (MSD) are injuries affecting muscles, tendons, ligaments and nerves. They are sometimes called Repetitive Strain Injuries (RSI), Cumulative Trauma Disorders (CTD) and Repetitive Motion Injuries (RMI).

MSD develop due to the effects of repetitive, forceful or awkward movements on joints, ligaments and other soft tissues. Some MSD injuries include Low Back Strain, Neck Strain, Tendonitis, Carpal Tunnel Syndrome (CTS), Rotator Cuff Syndrome, and Tennis Elbow (Epicondylitis).

### What can you do?

Make sure you've been trained to do your job safely and to know the hazards or factors in your job that could cause MSD. Take steps to control or eliminate MSD hazards and participate in making your workplace safer.

- Report MSD hazards and concerns to your supervisor.
- Use the equipment and tools provided to reduce exposure to MSD hazards.
- Know how to make adjustments to the workstation and make them suit you and the work you do.
- Take rest breaks from repetitive or forceful tasks.
- Move around and occasionally change positions.
- Go to your supervisor with questions, concerns or for additional training.
- Offer suggestions to improve working conditions to your supervisor or through your health and safety representative.
- Be aware of the symptoms of MSD and if you have any, report them to your supervisor.



## ONLINE RESOURCES

### PREVENTION DYNAMICS

To link to the health and safety association for your industry and to access their MSD resources, please visit [www.preventiondynamics.com](http://www.preventiondynamics.com)

### MINISTRY OF LABOUR

[www.labour.gov.on.ca](http://www.labour.gov.on.ca)

Check the Health and Safety Section for the Pains and Strains resources and information for preventing MSD.

### PREVENTION PRACTICES DATABASE

[www.preventionpractices.com](http://www.preventionpractices.com)

Find and share resources and practices for preventing MSD.

### OSH FOR EVERYONE

[www.oshforeveryone.org](http://www.oshforeveryone.org)

Information to help you recognize, assess and control MSD hazards.

### ONTARIO WORKPLACE GATEWAY

[www.serviceontario.ca/workplacegateway](http://www.serviceontario.ca/workplacegateway)

Check the Repetitive Strain section for information and links to help workplaces prevent MSD.

### CANADIAN CENTRE FOR OCCUPATIONAL HEALTH AND SAFETY

[www.ccohs.ca/oshanswers](http://www.ccohs.ca/oshanswers)

OSH Answers service provides health and safety information on a variety of topics including MSD hazards and how to control them.

### HEALTH CANADA

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Look in the Environmental and Workplace Health section under Occupational Health and Safety.

### WORKPLACE SAFETY AND INSURANCE BOARD

[www.wsib.on.ca](http://www.wsib.on.ca)

Find information about the WSIB services, programs and initiatives. Contact the WSIB for a copy of the Prevent MSD in Your Workplace CD-ROM.

### WSIB Prevention Hotline:

416 344-1016 or 1-800-663-6639

For service in languages other than English call:

416-344-4999 or 1-800-465-5606

For Telephone Service for the Deaf (TTY): 1-800-387-0050

Use this checklist to help you identify tasks and equipment that can increase your risk of developing a musculoskeletal disorder (MSD).

PERSONAL CHECKLIST FOR PREVENTING MSD			
	N/A	Yes	No
I have to lift, lower or carry objects that are, in my opinion, heavy.			
I have to do difficult pushing or pulling.			
I do tasks that require difficult and forceful gripping with the hands.			
I use tools that require a great deal of effort to hold, control or use.			
I use my hands to pound or hammer things when doing my job.			
I do other high force tasks in my job that are not covered above.			
I work with my hands above my shoulders or held far away from my body.			
I do tasks with one or both arms behind my body.			
I bend or twist my back / trunk.			
I twist or bend (forward/back/to the side) my neck.			
I hold my neck one side (e.g. holding phone between the ear and shoulder).			
I need to bend or twist my wrist.			
I pick up or hold things using difficult grips.			
I need to use other awkward postures that are not covered above.			
I have to lift, lower or carry objects repeatedly when doing my job.			
I repeatedly push or pull things when doing my job.			
I repeatedly grip or manipulate things with my hands/fingers.			
I repeatedly use awkward arm, hand or wrist postures.			
I repeatedly use awkward back or neck postures.			
I repeatedly use poorly designed hand tools when doing my job.			
I repeatedly do tasks or use awkward postures that are not covered above.			
I use hand tools that vibrate and/or am exposed to whole body vibration.			
I don't have enough space / clearance at my workstation / work area			
I have to stay in awkward postures for a long time without a change.			
I sit or stand for long periods of time without a change in posture.			
I don't feel as if I have enough variety in my job.			
I find my job to be very demanding.			

If you answered 'Yes' to any of these questions, you may be exposed to MSD hazards. Speak to your supervisor about your concerns. Work together to find ways to reduce your exposure to MSD hazards by changing the way the job is done or the design of the task/work area.