

Do Not Ignore the Warning Signs

By identifying the warning signs of musculoskeletal injury (MSI), action can be taken before injury occurs.

MSI WARNING SIGNS AND SYMPTOMS

- Pain
- Heaviness
- Muscle tightness
- Swelling
- Burning or feeling of “pins and needles”
- Grinding or crackling sound
- Numbness
- Skin colour change
- Tired feeling in the affected area
- Joint stiffness

3 STEPS CAN PREVENT WARNING SIGNS TURNING INTO INJURY

An MSI is an injury of the muscles, tendons, joints, nerves, blood vessels, or related soft tissue.

They can occur anywhere in the body but commonly affected areas are the back, neck, arm, or knee.

1

REPORT WARNING SIGNS

Report symptoms to your supervisor promptly for early intervention.

2

FIND MSI RISK FACTORS

Work with your supervisor to identify MSI risk factors contributing to your symptoms.

3

MANAGE RISK FACTORS

Eliminate or reduce the risk factors to resolve symptoms and prevent MSI.

