

Protect your MSI Hotspots

RNs and LPNs

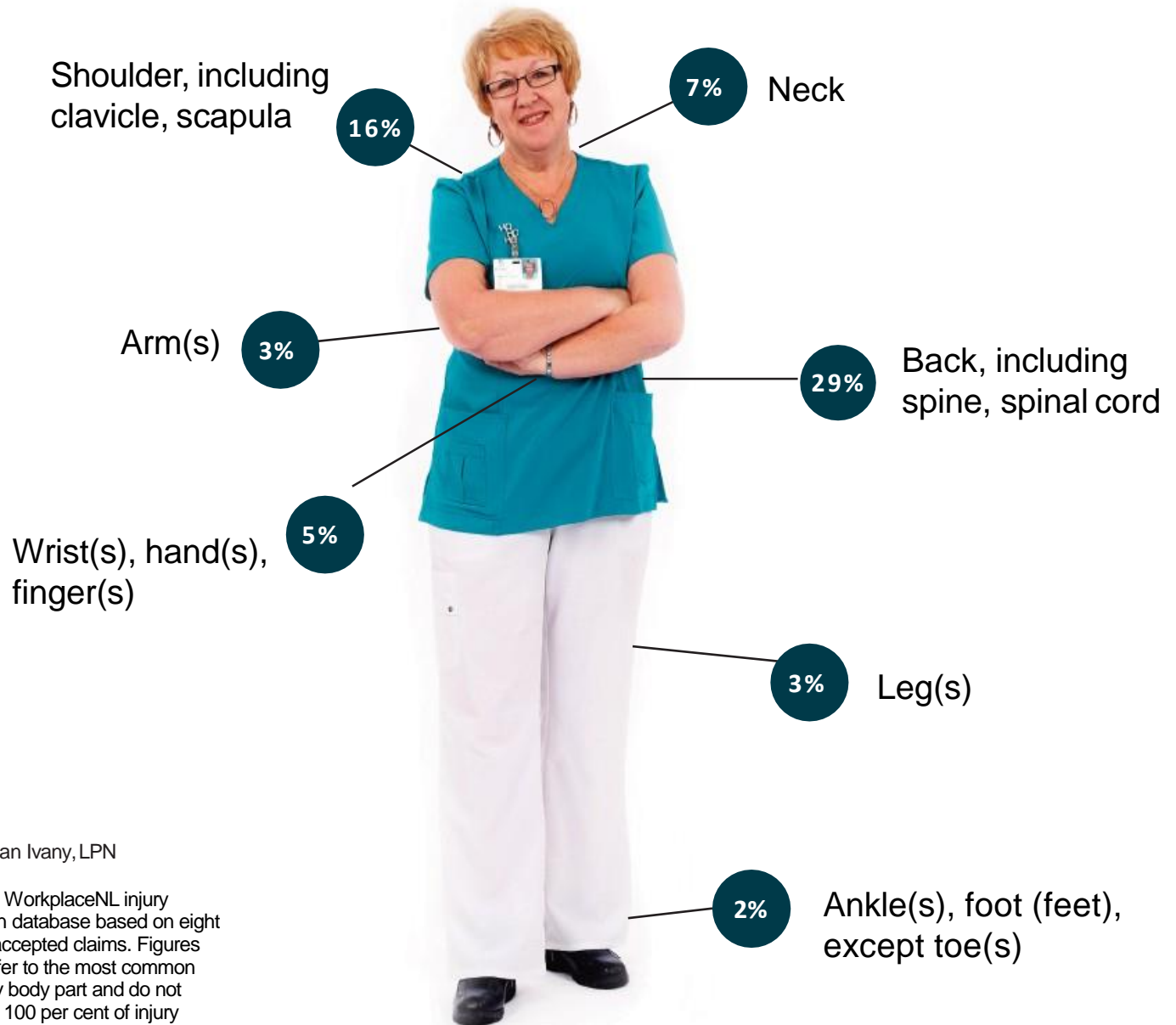


Photo: Joan Ivany, LPN

Sources: WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

MSI, or musculoskeletal injuries, are injuries or disorders of the muscles, tendons, ligaments, nerves, discs or related soft tissue.

WorkplaceNL

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MSI Hotspots

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Prevention Tips

Safe patient handling

- Use assistive equipment (like overhead tracking, hoists, mobile hoists, wheeled equipment, and slide sheets) when a patient cannot lift themselves.
- Get training in proper use of equipment and lifting and handling methods.
- Make sure there is enough space for healthy body movements and transfer techniques.
- Document and communicate information about safe patient handling needs, including the patient's abilities, transfer needs, physical stability, and any history of aggressive acts.
- Follow written safe work practices and procedures for equipment and patient handling tasks.
- Adjust heights to reduce unnecessary bending and reaching when assisting patients (like beds, shower chairs, and toilet seat risers).
- Report when building layout or design (like flooring or path designs) makes using trolleys, wheelchairs and other handling aids difficult.

Lifting and handling

- Use a trolley or other manual handling aids when moving equipment and supplies to reduce the risk of sprains and strains.
- Use equipment fit for purpose and maintained according to manufacturer's specifications.

General

- Warm up your body before performing lifting and handling tasks.
- Take regular breaks to stretch and rest muscles.
- Avoid awkward and sustained postures and repetitive movements by varying your work activities throughout the day.
- Maintain a healthy lifestyle. Be active, keep a balanced diet, drink plenty of water and get enough rest.
- Choose comfortable, cushioned footwear that support your feet and ankles to prevent pain from standing for extended periods.
- Report ergonomics-related concerns and any signs or symptoms of MSI to your supervisor.