

# MSI facts:

## What is a musculoskeletal injury (MSI)?

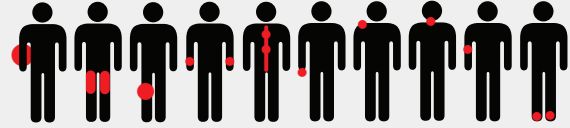
Musculoskeletal injuries (MSI) are injuries or disorders of the muscles, tendons, ligaments, joints, nerves, blood vessels or related soft tissues. They include sprains, strains and inflammation that may be caused or aggravated by work.

## What is the responsibility of employers regarding MSI prevention?

Employers are responsible to recognize potential MSI risk factors, evaluate the risk and implement effective risk controls through a risk assessment in consultation with the Occupational Health and Safety (OH&S) Committee, Workers Health and Safety (WH&S) Representative or Workplace Health and Safety (WH&S) Designate, and the worker showing signs and symptoms. Employers are also required to educate and train workers in risk identification and specific control measures.

## Example MSIs

Back pain | Muscle strain | Tendonitis | Carpal tunnel syndrome  
Herniated disc | Trigger finger | De Quervain's disease  
Pinched nerve



## Ergonomics

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.



## Preventing MSIs

MSIs can be prevented by incorporating ergonomics into each element of your OH&S program.

## Contact us

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Health  
Safety  
Compensation

## Risk factors

1. Forceful exertions
2. Repetitive movements
3. Sustained and/or awkward postures
4. Contact stress
5. Environmental factors - temperature, vibration and lighting

## Risk controls

Most effective



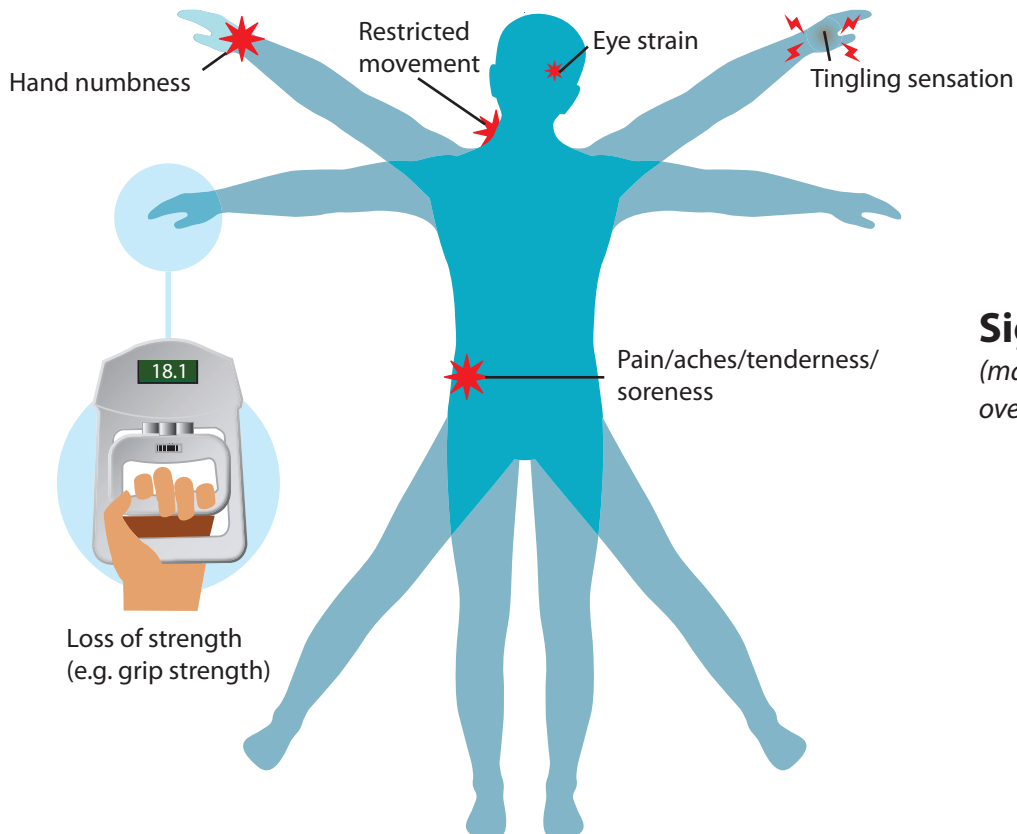
Least effective

Elimination

Engineering - minimize risk through the design or re-design of a work process, task, equipment, work station.

Administrative - safe work practices and procedures; rest breaks/recovery periods, workload changes, task rotation, education and training.

Personal Protective Equipment - supportive footwear, anti-vibration gloves, knee pads.



**Signs and symptoms**  
(may appear suddenly or gradually over time)