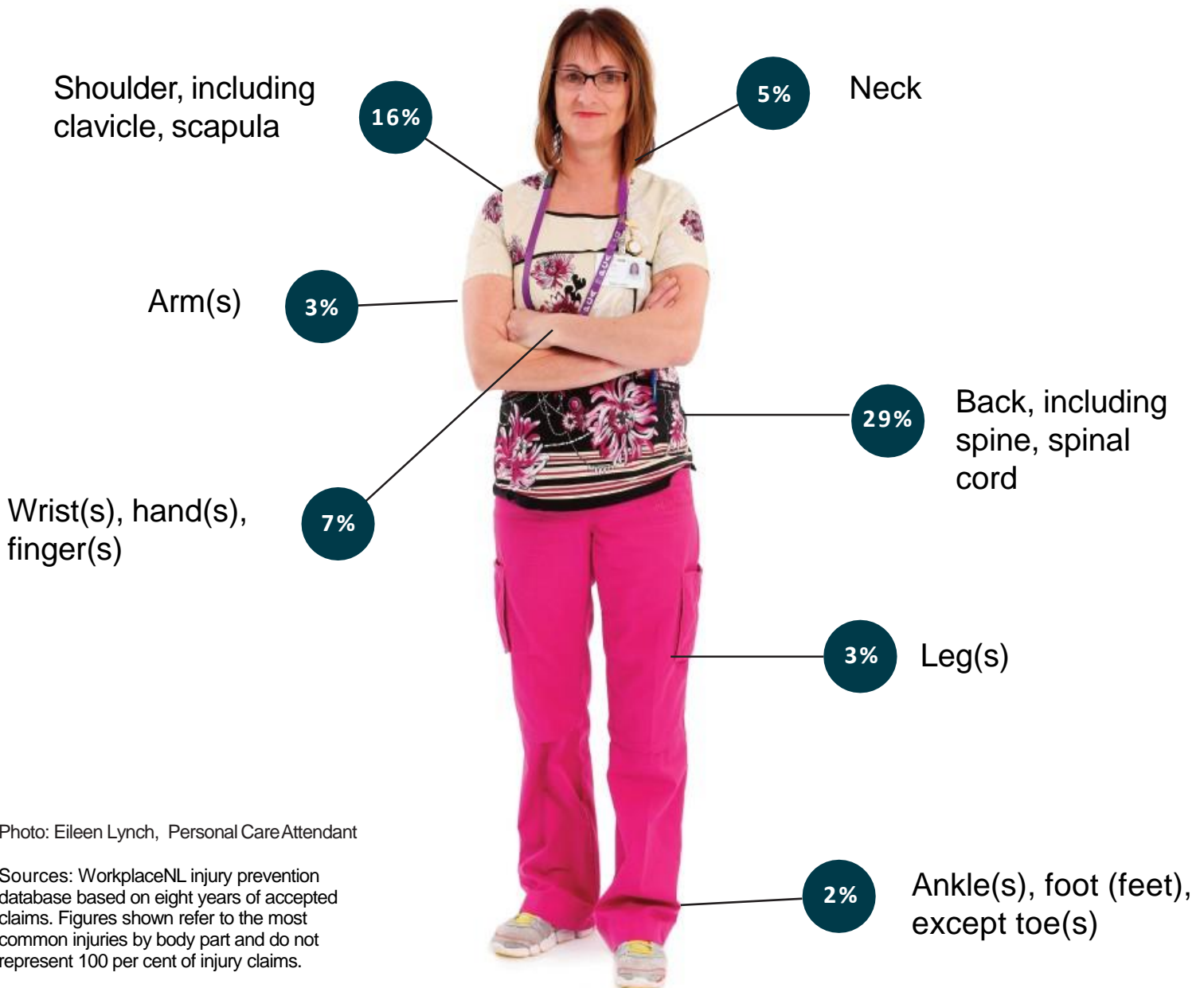


Protect your MSI Hotspots

Personal Care Attendants



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

WorkplaceNL

Health | Safety | Compensation

MSI Hotspots

Personal Care Attendants



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.
- Maintain documentation and communication that informs caregivers of safe patient handling needs, including the patient's abilities, transfer needs, physical stability, and any tendency towards 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.