

Move Well Work Well

with
WorkplaceNL



MSIs are the most common lost-time injury in Newfoundland and Labrador workplaces every year. The good news is that they can be prevented, and we're here to help with easy-to-access resources.

What are MSIs?

Musculoskeletal injuries (MSIs) are painful disorders of the muscles, tendons, ligaments, nerves, spinal discs and related soft tissues. They include sprains, strains and inflammation conditions, which are commonly caused by working in awkward or sustained postures, performing repetitive motions or overexertion from lifting and handling activities.

In other words, an MSI is when you get hurt from things like lifting too much, handling things too long, moving the wrong way, doing the same motion over and over or not moving enough. They can happen suddenly or slowly over time.

**Is this
a big
issue?**



Although MSIs may seem small, they are not.

MSIs can change your quality of life, impacting your physical and mental health. MSIs happen far too often; about six workers will sustain an MSI requiring time away from the workplace every day!

COMMON CAUSES	HOW IT MIGHT HAPPEN	WHAT IT MIGHT FEEL LIKE
Overexertion	Lifting something like a box, supplies or person	<ul style="list-style-type: none">• Sudden, severe pain in the lower back• Pain that worsens with movement• Muscle spasms• Swelling or bruising• Numbness or tingling in legs, feet or hands
Awkward postures	Bending or twisting to complete your tasks	<ul style="list-style-type: none">• Pain, stiffness and fatigue in your back, neck, shoulders or knees• Muscle weakness, sensations of "pins and needles" or numbness
Sustained postures	Sitting, standing or kneeling for a long time without changing positions	<ul style="list-style-type: none">• Pain, stiffness and weakness in the lower back, hips and knees• Discomfort and pain in the neck, shoulders and arms• Pain, stiffness, swelling or tingling when standing
Repetitive motions	Typing without enough stretching and rest	<ul style="list-style-type: none">• Numbness, tingling or pain• Muscle soreness or tightness• Joint stiffness• Redness or swelling• Popping or grating sensation

Are you at risk?

With some MSIs, signs and symptoms develop gradually and seem insignificant at first. Don't ignore those warning signs. Take action before it becomes a serious injury.

You have a right to a safe workplace, which includes MSI prevention.

Report early warning signs to your supervisor. It is essential that, together, you identify and manage risk factors as soon as possible to avoid injury.

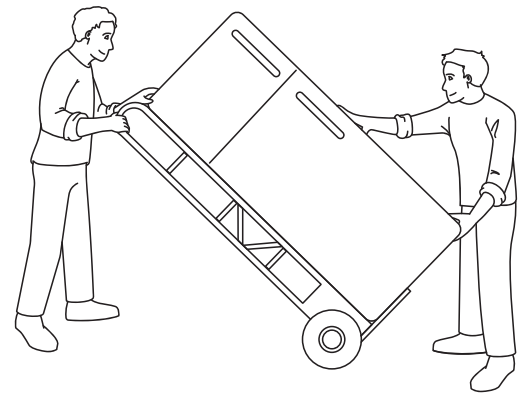
Some common warning signs include:

- Aches and pain
- Tenderness
- Heaviness
- Tightness
- Numbness
- Tingling
- Burning
- Swelling
- Joint stiffness or loss of movement
- Weakness or tired feeling in affected area

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Lifting: QUICK TIP

Can you reduce the weight of the load? If not, use an **assistive device**, get help or both.



THE GOOD NEWS

MSIs are preventable – by you!

When we move often and use good body mechanics, we reduce our risk of developing an MSI and remain productive, comfortable and healthy.

Learning how to properly move your body can help you avoid injury and feel your best. **You can start by implementing these good habits into your day-to-day work.**

- Before starting tough or physical work, warm up with movement exercises to prepare your muscles.
- Reduce the weight and size of loads or use equipment when that's not possible.
- Push rather than pull, even with smaller tasks like wiping down surfaces.
- When lifting, keep your back straight and bend with your hips and knees.
- Work with your elbows close to your body; avoid bending, twisting and reaching
- Take short breaks from sitting; get up and stretch every 20-30 minutes.
- Wear comfortable, supportive footwear.

Learn about
MSI prevention

SCAN FOR MORE
INFORMATION



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