



NSS MONTHLY NEWSLETTER

October 2018

Musculoskeletal Disorders / Ergonomics

Every day we use our muscles, tendons, ligaments and joints to lift, carry, sit, stand, walk, move and work in a variety of ways. However, sometimes these tasks or the way we do them can put too much demand on our bodies, causing pain and discomfort. In addition, it may lead to a more serious injury called a musculoskeletal disorder (MSD). Work shouldn't hurt!

MSDs are injuries and disorders of the musculoskeletal system. They may be caused or aggravated by various hazards or risk factors in the workplace such as force, fixed or awkward postures, and repetition.

Work shouldn't hurt

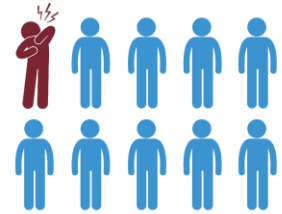
MSDs are the most common workplace injury resulting in over 40 percent of all Workplace Safety & Insurance Board (WSIB) lost-time injuries in Ontario. Employers are required to protect workers by putting in place controls to prevent hazards.

Preventing MSDs needs to be a key part of every workplace health and safety program. In safe and healthy workplaces, employers:

- Identify and assess job-related MSD hazards;
- Put in place controls to reduce workers' exposure to MSD hazards;
- Advise and train workers about MSD hazards in their job and workplace;
- Encourage workers to participate in their workplace's health and safety program through early reporting of MSD symptoms or concerns to their employer/supervisor; and
- Follow up to ensure preventative measures are working.

1 IN EVERY 10

Canadian adults had a repetitive strain injury (RSI) serious enough to limit normal activities.



Approximately

2.3 MILLION

Canadians age 20 and up reported having RSI in the previous year.



Thirty percent Lost-Time claims in Ontario were due to MSD in 2016.

Musculoskeletal Disorders (MSD) have consistently been the leading type of work injury over the past 10 years.

Content found on Ministry of Labour website:

https://www.labour.gov.on.ca/english/hs/sawo/pubs/fs_msd_industrial.php

Northern Safety Solutions offers ergonomic assessments, please contact us to schedule your appointment today



Northern Safety Solutions Inc.

955 Bancroft Drive, Sudbury ON P3B 1P8

Toll Free: 705.524.8189

www.northernsafetysolutions.com

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