

# Musculoskeletal Injury (MSI)



Force

AND/OR



Awkward Posture

AND/OR



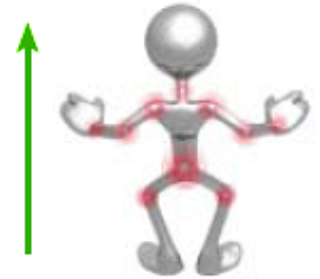
Repetition

AND



Long Duration

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Increased MSI Risk

## Force:

Refers to the amount of effort made by the muscles, and the amount of pressure on body parts as a result of different job demands.

## Awkward Posture:

For most joints, a good or “neutral” posture means that the joints are being used near the middle of their full range of motion. Maintaining the natural “S” shape of our spines will help to increase the safety of our backs.

## Repetition:

The risk for developing MSI increases when the same parts of the body are used repeatedly. Highly repetitive tasks can lead to fatigue, tissue damage and eventually pain and discomfort.

## Long Duration:

The amount of risk depends on how long (the total time in the work day) you are exposed to the risk factor.

## Increased MSI Risk:

An MSI is an injury or disorder of the muscles, tendons, ligaments, joints, nerves, blood vessels or related soft tissues involving a sprain, strain and inflammation, that may be caused by some work activities.

If you think you have sustained an injury at work, report it to your employer and your doctor as soon as possible!



Continuing Care  
Safety Association