

Musculoskeletal Disorders (MSD)



FORCE

Refers to the amount of effort made by the muscles. It also refers to 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**