

RSI/MSI PREVENTION | FEBRUARY SAFETY SEGMENT



MSIs, which encompass strains, sprains, musculoskeletal disorders (MSDs), and repetitive strain injuries, can impact various body regions, including the lower back, shoulders, neck, elbows, hands or wrists, legs, and feet. These injuries can range from minor discomfort with short recovery times to long-lasting impairment that limits a worker's capacity to perform both professional and personal tasks. Repetitive use, overexertion, and incorrect lifting of heavy objects significantly contribute to MSIs.

HAND/WRIST INJURY PREVENTION

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Have the group watch this short video on [Repetitive Strain Injuries \(RSI's\)](#) of the hand, wrist and shoulder. After watching the video use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are the 3 most common causes of repetitive strain injuries?
- What tasks do you perform where RSI's could present a problem?
- What are the strategies you can use to reduce your risk?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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As per the Alberta Occupational Health and Safety Code, a Musculoskeletal Injury (MSI) refers to an injury caused by or aggravated by work. It affects the soft tissues like muscles, tendons, ligaments, joints, nerves, and blood vessels, including overuse injuries and overexertion injuries. When the neck is contorted or twisted, it can result in muscle fatigue, tendon and muscle strain, pain, or stiffness. Several other factors can also contribute to MSI hazards, and being mindful of these factors can help in identifying potential hazards on job sites.

NECK STRAIN- TECH NECK

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Tech Neck](#) poster. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What tasks involve having you looking down?
- Are there ways to adjust the task to prevent looking down?
- What are some ways that this can be relieved?

Additional Activity

- Watch this quick 3 min video for [gentle neck stretches](#) that can be done with your team.

Notes to the Team Leader:

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In Alberta, MSIs (Musculoskeletal Injuries) are frequently cited as the leading cause of lost time and disabling injury claims. According to the OHS (Occupational Health and Safety) legislation, it is mandatory for employers to conduct an assessment of the work site to identify existing and potential hazards, including those that contribute to MSIs. Workers' participation in this hazard assessment process is a prerequisite. As with any other hazards on a work site, it is crucial to eliminate or control the factors leading to MSIs.

STRATEGIES TO IMPLEMENT

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Watch the video [Musculoskeletal disorders - Assess and control MSD hazards](#) and/or print [Ergonomics in the workplace - identifying and controlling MSI hazards](#) use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Are any of these hazards present in your current tasks?
- How can we reduce the risk that these hazards present?

Notes to the Team Leader:

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CODE OF THE MONTH | FEBRUARY SAFETY SEGMENT



The Emergency Response protocol is designed to alert staff of medical emergencies and provide clear direction on responding to individuals encountering severe injuries or illnesses that could put their lives in peril. Such situations may comprise of obstructed airways, respiratory complications, or cardiac arrest.

CODE BLUE

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Code Blue](#) poster by the Continuing Care Safety Association.

After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- When is Code Blue called for?
- What can you do as a staff member when this code is called?
- Use the following [Code Blue Scenarios](#) and discuss responses.

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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