

# 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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