

RSI/MSI PREVENTION | FEBRUARY SAFETY SEGMENT



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:

- 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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