

# RSI/MSI PREVENTION | FEBRUARY SAFETY SEGMENT



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:

- 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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