

SAFETY SEGMENTS FEBRUARY

RSI/MSI PREVENTION MONTH

RSI/MSI Prevention Month

FEBRUARY 2025

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MONTHLY MESSAGE

This month we are going to talk about Repetitive and Musculoskeletal Strain Injuries. These types of injuries are quite common in our industry and can significantly impact our health, day to day activities, and our personal lives.

These injuries can develop gradually from repetitive movements, awkward postures, or prolonged static positions - like standing. There are things that we can do to help prevent these injuries. We will look at Ergonomics in the workplace, this applies to more areas than just an office. Manual Material Handling - are you keeping items in your power zone? Safe Resident Handling - are you in the best position - not only for you but also for the resident? Finally, we will look at some Chair Yoga, something that we can do anywhere.

TOPICS BY WEEKS

Overview

Ergonomics

Safe MMH

Safe SRH

Stretching - Chair Yoga

SAFETY TALK

Protection of Physical Safety

SAFETY BYTE

February Refresher Lift - Desk Job