

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

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Ergonomics



WHAT WE'RE LEARNING

Ergonomics plays a bigger part than just an office chair or the height of a monitor. Ergonomics can be found in any department and plays a pretty crucial role in all that we do and in maintaining that we can do it for years to come. While we may not be able to change everything to make it ergonomic for everyone, we should always strive to make it as safe as we can for the majority. We might need fatigue matting in front of the sink for washing dishes, but might need to add a step stool for someone shorter as it is a deep sink. There are a world of possibilities in ergonomics and not all are costly or hard to do. With planning and communication, we can all contribute to being safe.

GUIDING QUESTIONS

- Can you think of a task where you think Ergonomics could be improved?
- Do you feel as an organization that we do well with the ergonomics in each department?
- Can you name something Ergonomic that we use in our department?

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.

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 **Ergonomics by Department**. After everyone is done, use the guiding questions to facilitate a group discussion.

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Safe MMH



WHAT WE'RE LEARNING

We all at one point lift a box, move things to a cart, it might be moving a bag of flour or garbage, but are we doing it safely? Safe manual material handling is essential to protect ourselves from injury. This brings us to the core of MMH: **Lifting within the power zone**, this is done between mid-thigh and mid-chest and helps minimize the risk of injury by using the body's strongest muscles. When moving heavy equipment or supplies, always keep the load close to your body, maintain a neutral spine, and avoid overreaching. Use mechanical lifting devices like carts or dollies or ask for assistance when handling heavy or awkward loads to ensure your safety and reduce strain on your back and shoulders.

Using proper techniques and equipment can significantly reduce short and long-term injuries to you.

GUIDING QUESTIONS

- What are some common injuries when it comes to MMH?
- What tools can we use to help us with Manual Material Handling?
- What are some key steps when lifting something heavy?

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.

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Watch the YouTube video on "**The Power Position**". After everyone is done, use the guiding questions to facilitate a group discussion.

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Safe SRH



WHAT WE'RE LEARNING

In healthcare settings, safe transfer and repositioning of residents is crucial to prevent injury. Workers are trained in proper body mechanics, such as bending their knees when lifting, to avoid strain. Assistive tools like transfer belts and lifts support safer transfers. Clear communication with residents and coworkers ensures comfort and effective teamwork, especially during complex tasks. Ongoing training keeps employees updated on best practices, ensuring readiness in case of injury. By prioritizing these techniques, healthcare environments can reduce risks for both residents and employees.

GUIDING QUESTIONS

- How does proper body mechanics help prevent injury during transfers or repositioning of residents?
- What assistive devices ensure resident safety and dignity?
- Why is clear communication important for safe handling, and how can it lead to better outcomes for everyone?

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.

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Watch the YouTube video on MIP Technique: **Moving Resident to Wheelchair Using a Lift**. After everyone is done, use the guiding questions to facilitate a group discussion.

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Stretching - Chair Yoga



WHAT WE'RE LEARNING

Learning how to incorporate gentle, low-impact yoga exercises into daily routines for both workers and residents. Chair yoga helps improve flexibility, circulation, posture, and overall well-being without requiring participants to get on the floor. The segment emphasizes the importance of safety, such as ensuring proper chair setup, maintaining good posture, and using gentle, controlled movements to avoid strain or injury. By practicing deep breathing techniques and modifying stretches to accommodate different mobility levels, both workers and residents can experience reduced stress, improved comfort, and enhanced physical health in a safe and accessible way.

GUIDING QUESTIONS

- How can chair yoga improve flexibility, circulation, and well-being for workers and residents?
- What safety tips and techniques prevent strain or injury during chair yoga?
- How can chair yoga be adjusted for residents with different mobility levels?

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.

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Watch the YouTube video on: **Chair Yoga** After everyone is done, use the guiding questions to facilitate a group discussion.