

MODULE 3 – MSI Risk Control – Preventing MSI at Work

MSI are soft tissue injuries caused or made worse by work.

What can you do to reduce risk of MSI in your work?

- Be aware of your body
 - respond to early signs and symptoms of MSI – change prevents MSI from getting worse
 - know your prior injuries – take extra care to protect areas with a history of injury
- Look for and understand the MSI hazards in your work
 - forceful exertion, awkward posture, repetition, contact pressure, other factors
- Understand and use any provided MSI risk controls
- Set up and plan your work each day to minimize MSI risk
 - Know and use provided equipment that reduce risk in your job
 - Reduce hazard severity – aim for less force and better working postures
 - Reduce duration of exposure to higher risk activities – share work, take breaks
- Request assistance from your supervisor if you:
 - have MSI signs or symptoms,
 - have concerns about MSI risk,
 - are unsure about any aspect of your work or the equipment used.

What strategies are most effective at reducing risk of MSI?

- Physical strategies to set up your work – the most effective strategy
 - Use equipment that reduces the force needed (e.g., use a cart instead of a carry)
 - Set up your workstation for an upright posture with little reaching or twisting (e.g., adjust working height to be close to elbow height)
- Behaviour strategies in how you perform your work – in addition to physical changes
 - Minimize the force needed (e.g., lift one box at a time rather than stacking multiple boxes)
 - Control your working posture through good technique (e.g., move your feet rather than twisting while lifting)
 - Take scheduled breaks and build rest into repetitive tasks
 - Be aware of your body and respond to early signs or symptoms of MSI
- Safety before speed – work smarter, not harder

Discussion or Follow-up

1. What are the MSI risk factors in the work that you will be doing today?
2. What is your plan to reduce your risk of MSI today?
3. Who do you talk to if you have concerns about MSI or MSI risk?