



# Safety Talk



## Musculoskeletal Disorders

MSD Disorders are injuries or conditions resulting from overexertion, repetitive or cumulative trauma to the tissues of the musculoskeletal system. MSD Disorders are often a result of repetitive movements and repetitive handling of materials such as lifting, lowering, pushing, pulling and carrying.

MSD is not a medical diagnosis, It is an umbrella reference to a group of injuries such as:

- ✓ Repetitive strain injury
- ✓ Cumulative trauma disorder
- ✓ Work-related musculoskeletal disorder
- ✓ Musculoskeletal injury
- ✓ Occupational overuse syndrome
- ✓ Sprain and strain



**There are 3 main risk factors that contribute to MSD developing:**

- **Force** – Amount of effort our bodies must exert to achieve the desired outcome of a particular task
  - Force increases with the weight of the object, working with outstretched hands, handling objects away from the body, awkward hand grips
- **Repetition** – Repeated motions can cause wear and tear on tissues
  - This poses a problem when there is not sufficient rest time between tasks
- **Duration in Awkward Posture** – Calculated by measuring the total time spent holding the similar sustained/static body postures
  - Be aware of positions that place stress on your body such as leaning over a counter, twisting the torso while lifting, reaching above shoulder height, kneeling or squatting and static positions that do not allow blood to flow freely

### Preventative Actions

- Everyone has a role in preventing MSD's in the workplace
- Avoid sleep deprivation
- Stretch regularly
- Ensure you have enough recovery time between tasks
- Regular exercise and healthy living habits are also important to preventing injuries
- Be aware of how much force you are using to complete a task
- Use the Safety Zone! This is the area directly in front of your body
  - From mid-thigh to shoulder height
  - Extending about the length of your forearm and hand
  - Lifting outside of this area can cause pressure and strain on your discs and muscles

Remember **RACE**, Recognize, Assess, Control the hazards and Evaluate the effectiveness of the control. First determine where MSD hazards exist, assess them and determine the proper way to control them and minimize their impact.



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