



# NSS MONTHLY NEWSLETTER

## October 2021

### MSDs and Ergonomics in the Workplace

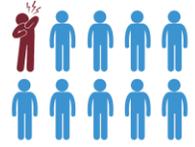
#### October is Global Ergonomics Month

#### Musculoskeletal Disorders (MSDs)

Every day we use our muscles, tendons, ligaments and joints to lift, carry, sit, stand, walk, move and work in a variety of ways. However, sometimes these tasks or the way we do them can put too much demand on our bodies, causing pain and discomfort. In addition, it may lead to a more serious injury called a musculoskeletal disorder (MSD).

**1** IN **EVERY 10**

Canadian adults had a repetitive strain injury (RSI) serious enough to limit normal activities.



Approximately  
**2.3**  
MILLION

Canadians age 20 and up reported having RSI in the previous year.



Thirty percent Lost-Time claims in Ontario were due to MSD in 2016.

Musculoskeletal Disorders (MSD) have consistently been the leading type of work injury over the past 10 years.

#### What is Ergonomics?

Ergonomics is the science concerned with fitting the job or task to the physical and mental capabilities of the worker.

There are numerous workplaces that have workers working from home. This is now the worker's workplace and the general duty clause applies where the employer shall "take every precaution reasonable in the circumstances for the protection of a worker" (25(2)(h)), an ergonomic assessment of the work area will look at all of the potential ergonomic hazards for correction as required.

Ergonomic assessments should be conducted for all types of workstations within a workplace including;

- Office desks (office and/or home)
- Preparation counters
- Order desks, counters
- Work benches



Applying ergonomics principles to the workplace can reduce fatalities, injuries and health disorders, as well as improve productivity and quality of work.

The Ministry of Labour has noted changes to the Self-Isolation Requirements - Changes in the Ministry of Health guidelines have decreased the time required for self-isolation to 10 days (from 14 days). In addition, after a high-risk exposure, a fully vaccinated or previously positive worker who is asymptomatic may be permitted by public health to leave the home including to attend the workplace if wearing a mask and maintaining physical distancing when outside of the home.

Northern Safety Solutions offers ergonomic assessments, please contact us to schedule your appointment today



### Northern Safety Solutions Inc.

955 Bancroft Drive, Sudbury ON P3B 1P8

Toll Free: 705.524.8189

[www.northernsafetysolutions.com](http://www.northernsafetysolutions.com)

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