

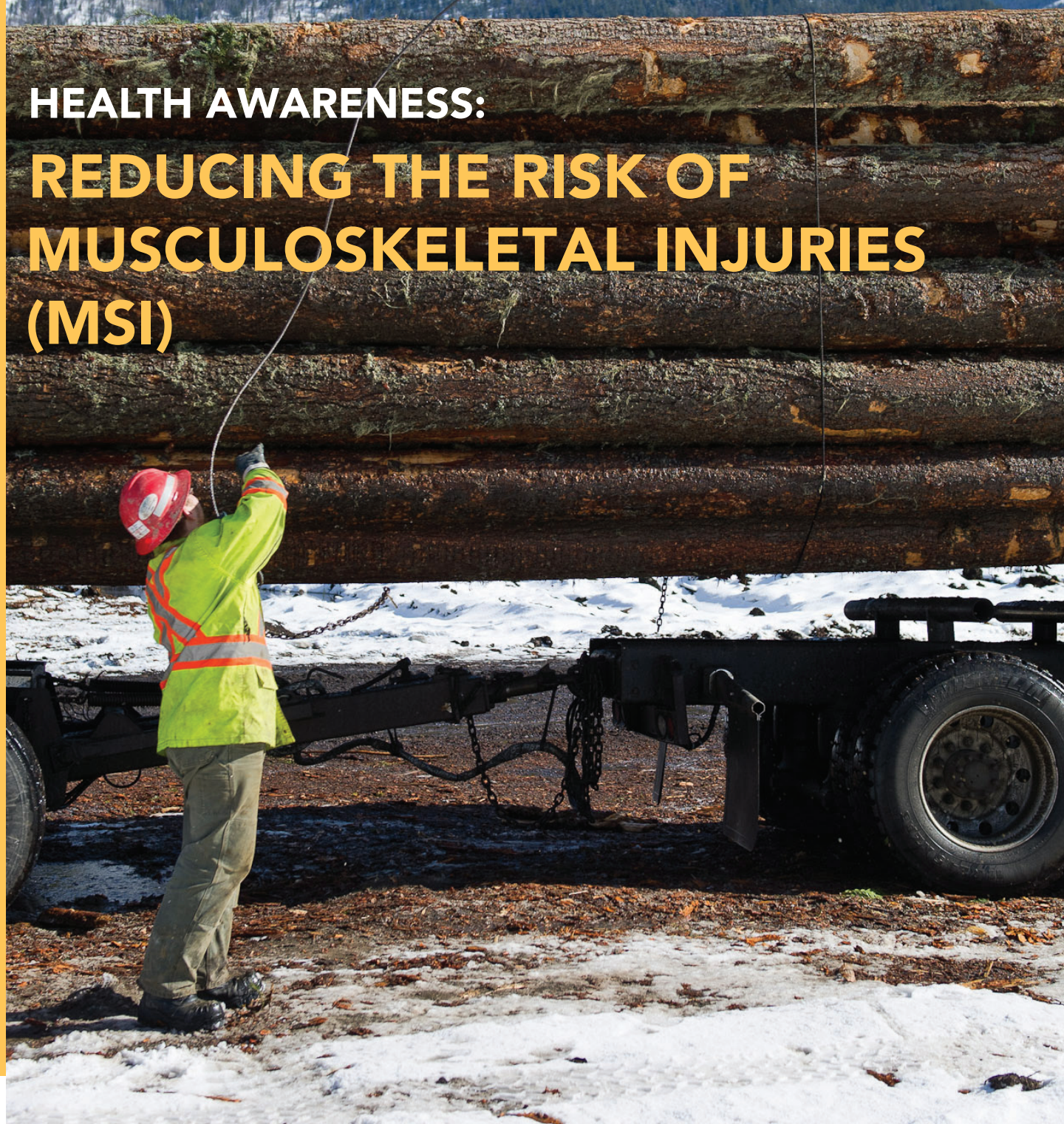
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**BC Forest Safety**

Safety is good business

# HEALTH AWARENESS: REDUCING THE RISK OF MUSCULOSKELETAL INJURIES (MSI)





# HEALTH AWARENESS: REDUCING THE RISK OF MUSCULOSKELETAL INJURIES (MSI)



DATE: \_\_\_\_\_ FILE NUMBER: \_\_\_\_\_ DISCUSSION FACILITATED BY: \_\_\_\_\_  
(IF APPLICABLE)

Use this **Crew Talk** to lead and document a worksite conversation on reducing musculoskeletal injuries (MSI).

## KEY POINTS:

- MSI injuries are one of the highest injury categories in BC, they include muscle strains, joint injuries and tendonitis or tendinosis.
- MSI injuries often have a slow onset because of overuse, repetitive movements or working in awkward postures, especially if the loads are heavy - but they can also appear suddenly due to a single event.
- Sudden increases in the amount of physical work performed, or changes to the type of work or working conditions can increase the risk of injury.
- Lowered fitness, previous injury, dehydration, poor nutrition, diabetes and smoking can increase the risk of MSI or make it harder to recover following an injury. This can be lessened by getting regular exercise, eating well and rehabilitating injuries properly.
- Early detection is very important for preventing MSI. Report to your first-aid attendant at the first sign of pain, numbness or tingling, weakness or signs of inflammation like redness and swelling or bruising. A short rest with early treatment can often prevent a longer time off work rehabilitating an injury.

## DISCUSSION LEADS:

- What are the risk factors for developing an MSI?
  - High force movements, frequent repetition, long duration, awkward posture, previous injury, fatigue, poor hydration or nutrition, uncomfortably cold or hot, change from usual job, smoking and diabetes.
- Describe a task central to your job that is physically challenging because of existing pain or restricted movement in a joint and propose something you can do to make it less physically challenging.
  - Warm up the muscles and joint before starting work, stop and shake it out/stretch periodically, change your posture while doing the work, wear a brace or tape the joint for support, see a movement professional (physio therapist, massage therapist, ergonomist, kinesiologist, chiropractor) to learn how to rehabilitate the joint/muscle.
- Ask if anyone has experienced an MSI and is willing to share how the injury first occurred and how the residual effects have altered their ability to engage in activities they enjoy.

- Injuries to the knee, shoulder or back can lead to osteoarthritis and have severe long-term consequences.

- Encourage everyone take a turn leading a 5-minute warm up and stretch at the start of your shift for the next week.
- Try this exercise with your family. On a day when you have some simple chores (laundry, house cleaning or other simple activities in a safe environment), tape a piece of rigid cardboard over a joint (like the knee, shoulder, wrist or neck) and see how the restricted movement limits the ability to do a task as simple as sweeping the floor. Have everyone in the family try it to see how important joints are for movement and how an injury can affect their lives.

## RESOURCES:

- MSI Resource Package: [bcforestsafesafe.org/node/3435](http://bcforestsafesafe.org/node/3435)
- MSI Posters: [bcforestsafesafe.org/node/3435](http://bcforestsafesafe.org/node/3435)
- Guide for Understanding the Risks of MSI: [worksafebc.com/en/resources/health-safety/-books-guides/understanding-the-risks-of-musculoskeletal-injury-msi-an-educational-guide-for-workers-on-sprains-strains-and-other-msis?lang=en](http://worksafebc.com/en/resources/health-safety/-books-guides/understanding-the-risks-of-musculoskeletal-injury-msi-an-educational-guide-for-workers-on-sprains-strains-and-other-msis?lang=en)
- The Effects of Aging on Muscle and Joints: [orthoinfo.aaos.org/en/staying-healthy/effects-of-aging](http://orthoinfo.aaos.org/en/staying-healthy/effects-of-aging)
- Steps to Release Neck Tension: [bcforestsafesafe.org/files/ps\\_ReleaseNeckTension.pdf](http://bcforestsafesafe.org/files/ps_ReleaseNeckTension.pdf)

**DOCUMENTATION:** I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND COMMIT TO FOLLOWING BEST PRACTICES FOR REDUCING THE RISK OF MSI:

PRINT NAME:

SIGNATURE:

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