

# MUSCULOSKELETAL INJURY (MSI) PREVENTION

**Musculoskeletal injuries (MSIs) are injuries that affect your muscles, tendons, ligaments, joints, nerves and other soft tissues. These injuries can include things like sprains, strains, inflammation and other injuries caused by repetitive motions or overuse.**

**Some common MSI injuries include carpal tunnel syndrome, bursitis, trigger finger, white finger disease (aka Raynaud's phenomenon) and tennis elbow.**

**Here are some things to consider about MSIs:**

- **How to recognize the early signs of an MSI**
- **MSI risks and hazards**
- **Ways to prevent MSI injuries**



**BC Forest Safety**

# MUSCULOSKELETAL INJURY (MSI) PREVENTION



## KEY CHARACTERISTICS OF MSI INJURIES

A musculoskeletal injury (MSI) can be either sudden (acute) or develop over time (chronic). For example, you might feel immediate pain after lifting something heavy, or you could slowly develop a problem like carpal tunnel syndrome. It's important to notice the signs and symptoms of MSIs early. Recognizing these signs and getting treatment quickly can help prevent them from becoming serious and disabling.

- **SIGNS:** if you can see swelling, redness, bruising have difficulty moving the injured body part or a visible abnormality this could be a sign of an MSI.
- **SYMPTOMS:** you may experience non-visible symptoms such as numbness, tingling, pain, stiffness, weakness or muscle fatigue.

## ASSOCIATED RISKS/HAZARDS

The duration and intensity of a work task can cause an MSI injury. An MSI injury is typically caused by physical demands, risks and hazards to the body such as:

- Repetitive Movements
- Awkward Postures
- Heavy Lifting
- Prolonged Muscle Tension or Stress
- Prolonged Sitting or Standing
- Constant Vibration
- Cold Environments

## PREVENTIVE MEASURES

As an employee, taking steps to understand the risk factors, signs, and symptoms of musculoskeletal injuries (MSIs), as well as the potential health risks of daily tasks, can help reduce the chance of developing an MSI.

- **Identify Risky Tasks:** Consider parts of your job that might put you at risk for MSIs.
- **Review Risk Assessments:** Check any risk assessments done for your job to understand potential hazards.
- **Implement Control Measures:** Put in place strategies to minimize risks, such as ergonomic adjustments or using proper lifting techniques.
- **Get Proper Training:** Ensure you receive training on workplace safety and how to prevent MSIs.

## ADDITIONAL RESOURCES:

- Occupational Health and Safety Regulations | WorkSafeBC
- Understanding the Risks of Musculoskeletal Injury (MSI) | WorkSafeBC
- Preventing Musculoskeletal Injury (MSI): A Guide for Employers and Joint Committees | WorkSafeBC

Scan the QR code  
and subscribe to  
BCFSC Crew Talks

