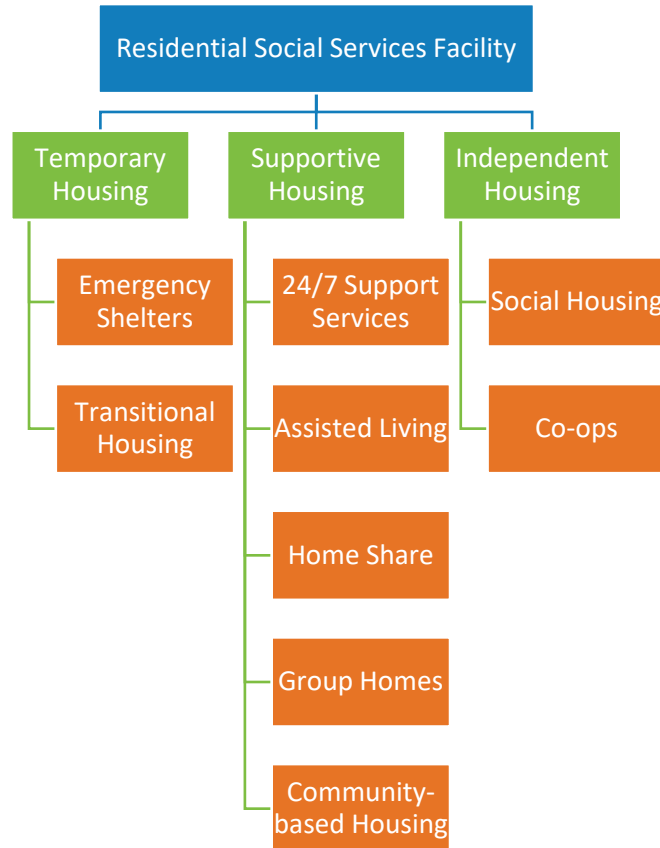


LIST OF ROLES AND TASKS AT-RISK OF MSI

Residential social services facilities are where the majority of musculoskeletal injuries (MSI) occur in the Community Social Services sector. To effectively identify the roles and tasks at high risk for MSI, it is crucial to understand the variety of programs these facilities offer. These programs include



- **Residential Social Services Facility** – A facility providing housing and support services to individuals who require assistance due to physical disabilities, mental health challenges, developmental disabilities, or other conditions that make independent living difficult. These facilities may include various housing models and support services.
- **Emergency Shelters:** Short-term accommodation provided for individuals facing homelessness or urgent crises, often with limited services, intended to meet immediate needs.
- **Transitional Housing:** Temporary housing aimed at helping individuals transition from homelessness to permanent housing, often with supportive services to help with the move toward independence.
- **24/7 Support Services:** Housing that includes round-the-clock support services for residents, often for those with significant health needs, such as mental health or substance use disorders.
- **Assisted Living:** Housing where individuals receive support with daily living tasks, such as meals, personal care, and housekeeping, while maintaining some level of independence.

- **Home Share:** A housing arrangement where an individual or family provides accommodation and support to a person with disabilities, often in a private home setting.
- **Group Homes:** Residential settings where a group of individuals, often with developmental disabilities or mental health challenges, live together with staff support to assist with daily activities and care.
- **Community-based Housing:** Housing that is integrated within local communities, often with support services available, aimed at enabling residents to live more independently and participate in community life.
- **Social Housing:** Affordable housing provided to individuals with low to moderate incomes, often with government subsidies to help cover rental costs.

Roles	Tasks	Risk Factors
Administration Staff (Managers, Finance, HR, etc.)	<ul style="list-style-type: none"> • Administrative duties requiring prolonged sitting or standing • Moving between multiple workstations or floors (e.g., walking, carrying documents or supplies) 	<ul style="list-style-type: none"> • Prolonged sitting • Minimal physical activity leading to muscle strain from poor posture
Adult Residence Support Workers	<ul style="list-style-type: none"> • Lifting, transferring, and repositioning residents • Assisting with bathing, dressing, and grooming • Assisting with mobility and walking • Feeding and providing assistance with eating 	<ul style="list-style-type: none"> • Manual handling of residents • Repetitive bending, twisting, and lifting • Handling heavy or awkward loads (e.g., patients with limited mobility)
Building Attendants	<ul style="list-style-type: none"> • Monitoring activities in the buildings • Lifting and carrying supplies • Responding to emergencies (e.g., assisting with evacuations) 	<ul style="list-style-type: none"> • Prolonged sitting or • Heavy lifting and carrying • Working in awkward postures
Community Support Workers	<ul style="list-style-type: none"> • Cooking and meal preparation for residents • Providing transportation or accompaniment to appointments • Lifting and assisting with the transport of residents in wheelchairs or stretchers 	<ul style="list-style-type: none"> • Lifting and moving heavy pots, pans, and food items • Repetitive movements during meal prep • Prolonged standing or walking • Lifting residents or assisting with mobility

	<ul style="list-style-type: none"> • Loading and unloading supplies • Moving furniture or heavy equipment 	
Custodians / Shelter Workers	<ul style="list-style-type: none"> • Cleaning rooms, bathrooms, and common areas • Lifting and moving heavy cleaning equipment (e.g., vacuum cleaners, buckets) • Making beds 	<ul style="list-style-type: none"> • Bending, lifting, and stretching • Carrying heavy cleaning supplies • Frequent bending and reaching during cleaning tasks
Life Skills Workers	<ul style="list-style-type: none"> • Assisting residents with daily living activities (e.g., budgeting, cooking, hygiene) • Supporting residents in skill-building exercises • Accompanying residents to appointments or activities 	<ul style="list-style-type: none"> • Assisting residents in physical activities (e.g., carrying items, helping with mobility) • Repetitive motions during activities • Prolonged standing or walking
Maintenance Workers	<ul style="list-style-type: none"> • Moving furniture or heavy equipment • Performing repairs that involve awkward postures or lifting • Cleaning or servicing large machinery 	<ul style="list-style-type: none"> • Lifting and carrying heavy equipment • Working in awkward postures • Risk of repetitive strain from maintenance tasks