

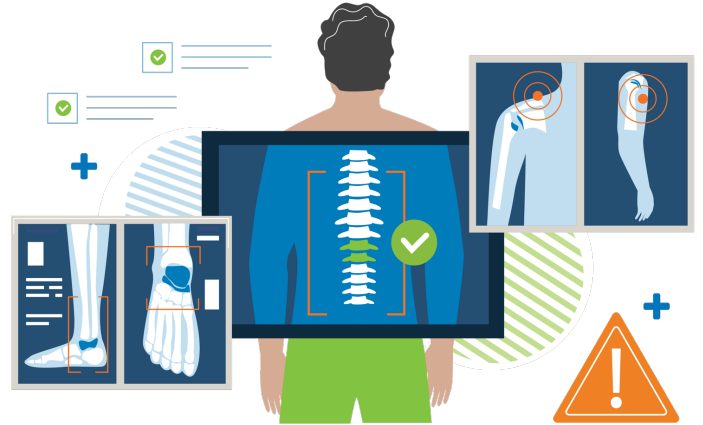


What is an MSI?

A Musculoskeletal Injury (MSI) can affect muscles, tendons, ligaments, joints, nerves, and other soft tissues and are caused by sprain/strains, overuse, repetitive movements or awkward postures.

MSIs can be:

- **Acute** – a sudden injury that lasts for a short period of time
- **Chronic** – an injury that develops slowly over time due to repeated strain or prolonged exposure



Signs and Symptoms of MSI



What You Feel

- Pain or aching
- Numbness or tingling
- Stiffness
- Weakness
- Muscle fatigue



What You Can See

- Swelling
- Redness
- Bruising
- Limited range of motion
- Visible deformity or abnormality

If you notice any of these signs or symptoms, report them early.



MSI Risk Assessment

When you identify a task that may cause a sprain or strain injury, you must perform a risk assessment and evaluate the level of risk. Consider three key factors:

- **Frequency** – How long is the task performed continuously without a break?
- **Repetition** – How often is the same task repeated during your shift?
- **Force Required** – How much effort, force, or strain does the task require?

MSI Risk Factors



Force

Tasks that require physical exertion

Example: Helping an individual with mobility challenges move from a chair to a bed, lifting supplies, or pushing heavy carts



Awkward Postures

Bending, twisting, reaching, or holding your body in an uncomfortable or unnatural position for a period of time

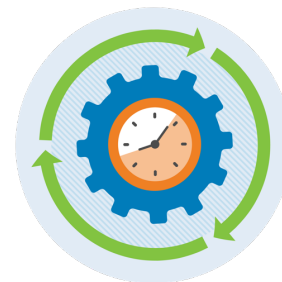
Example: Twisting to help bath an individual in a tub or reaching for supplies on a high shelf



Local Contact Stress

Pressure on a specific part of the body from a hard surface or edges

Example: Resting wrists on the edge of a desk while typing or kneeling on a hard floor while assisting an individual



Repetition

Performing the same movements or actions repeatedly over a period of time, without variation

Example: Cleaning and sanitizing, meal preparation or typing case notes

All these factors can contribute to or cause a musculoskeletal injury.

Prevention Strategies

Simple adjustments to how you work can significantly lower your risk of musculoskeletal injuries. Consider the following strategies:

- Use proper body mechanics and lifting techniques
- Ask for assistance when moving supported people or heavy items
- Take regular breaks and stretch during sedentary or repetitive tasks
- Rotate or vary tasks whenever possible
- Follow safe work procedures, education and training
- Report hazards or early discomfort immediately
- Set up and maintain an ergonomic workstation
- Use provided supportive tools and equipment



For more detailed information and practical guidance, please refer to the [Musculoskeletal Injury Prevention](#) awareness course available on our Learning Centre. This course provides a deeper understanding of risk factors, prevention strategies, and safe work practices to help reduce the risk of injury.



Follow us on [LinkedIn](#)



Sign up for our [newsletter](#)

[csshsa.ca](#)