University of Manitoba

Physical Plant

A COR™ Certified Workplace

Musculoskeletal Injuries
Workshop

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Workshop #000119

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Competency Check

Contact the Training and Safety Coordinator (474-7460) to write the Competency Check after completing this online workshop.

References

- WS&H Act (Sections) & Regulation (Part 8)
- Construction Safety Association of Manitoba "Back Care" Education Program #21
- U of M EHSO, Occupational Health Coordinator

Objective

To offer you the information needed to be competent in your understanding of Musculoskeletal Injuries (MSI's).

Workshop content

- Objective
- MSI's are very common
- Regulation Part 8
- Causes of MSI
- Non-work related causes

Workshop content

- Work related causes
- Workplace risk factors
- Prevention
- Your best defense
- Good posture is important

Workshop content

- Basic lifting technique
- Material Handing
- Do the right thing for yourself
- Competency check

MSI's are very common

- MSI's (sprains and strains) is a very common complaint. In fact at least 80% of Canadians experience this type of injury at some time in their lives.
- HOW ABOUT YOU?

MSI's are very common

- Nearly 25% of the lost-time injuries in construction are related to strains and sprains.
- More than half of these injuries result from lifting excessive weight or lifting incorrectly.

MSI's are very common

- Many of Physical Plant reported Incidents are a result of MSI's (sprains and strains).
- Sprains and strains represent about **20%** of Physical Plant's total **incidents** on any given Month (2 out of every 10).

Regulation Part 8 says…

- When an employer is aware (or ought to be aware) that a work activity creates a risk of MSI, the supervisor must:
  - Ensure the risk is assessed,
  - If required, put in control measures,
  - Monitor the effectiveness of the control measures.

Regulation Part 8 says…

- The supervisor must:
  - Inform the worker of the risk and of the signs and common symptoms of any MSI associated with the worker's work,
  - Train the worker on any control measures.

Regulation Part 8 says…

- The worker must:
  - Complete a risk assessment. Physical Plant requires it to be done before the job starts and at the job site.
  - Participate in the training of any MSI control measures.

Causes of an MSI

Wear and tear or overexertion

Non-work related causes

- Your:
  - Weight,
  - Fitness,
  - Flexibility,
  - Family history

  are factors that contribute to a MSI.

Work related causes

- Posture,
- Repetition,
- Force.

Workplace risk factors

- Static postures,
- Repetitive motions,
- Working overhead,
- Lifting and carrying,
- Twisting
- Working in awkward positions.

Prevention

- To prevent injuries, three factors are necessary:
  - Proper posture,
  - Correct lifting,
  - Regular exercise.

Your best defense

Complete a pre-job ***risk or hazard assessment*** at the worksite.

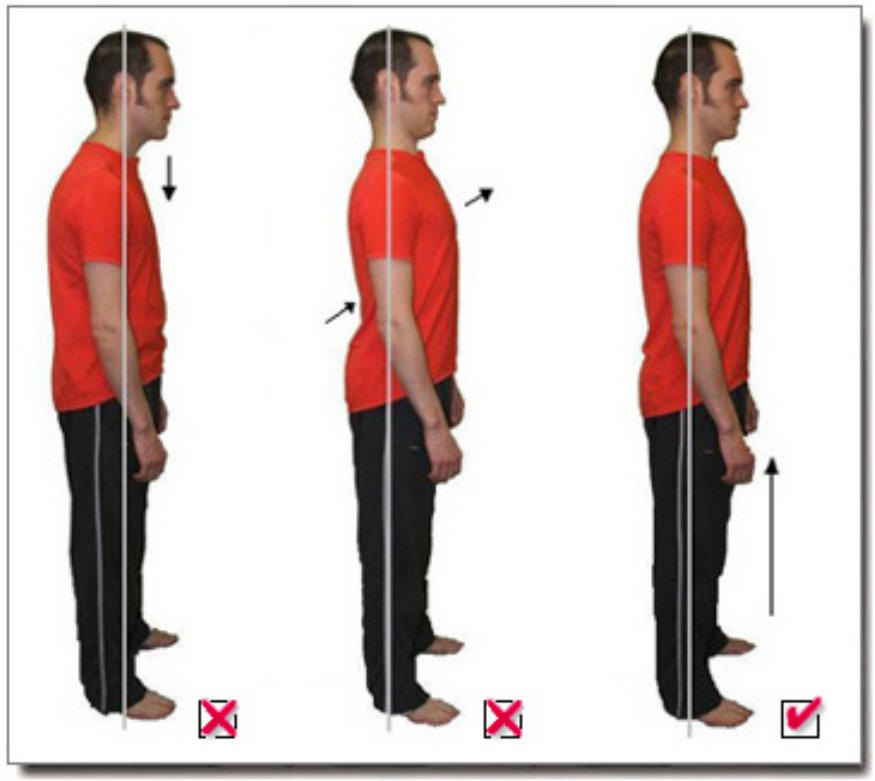
Your best defense

- Spend a moment or two doing warm-up exercises*. Posters illustrating various exercises have been distributed to your Work Unit.

*This is particularly helpful first thing on a cold morning.

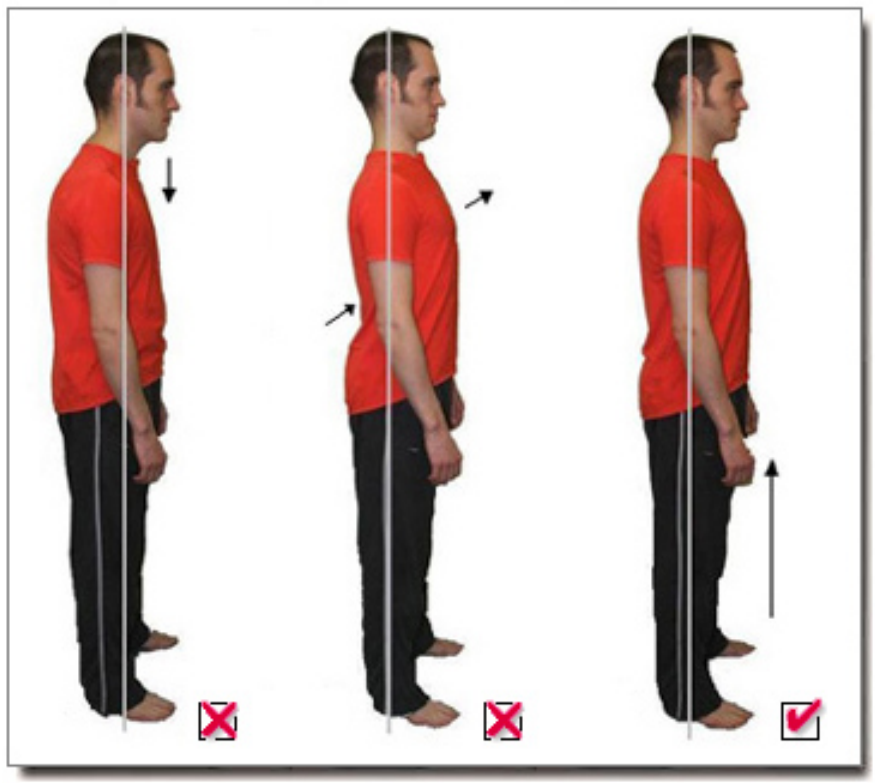
Good posture is important

- Protects injury prone structures,
- Minimizes disc pressure.



Good posture is important

- Allows for efficient body use,
- It is the position of least stress on your muscles and skeletal system which reduces the wear and tear on your spine.



Basic lifting technique

- Assess the lift,
- Have your feet slightly apart—even with your shoulders,
- Hold the load close to your body.

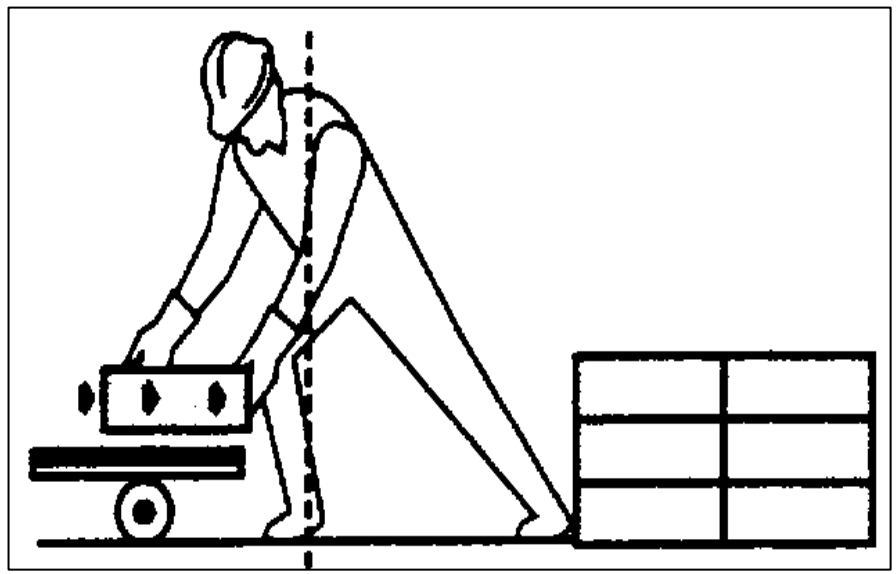
Basic lifting technique

- Don’t twist while lifting—move your feet instead
- Lift in a smooth and controlled manner.

Material handling

Step 1:

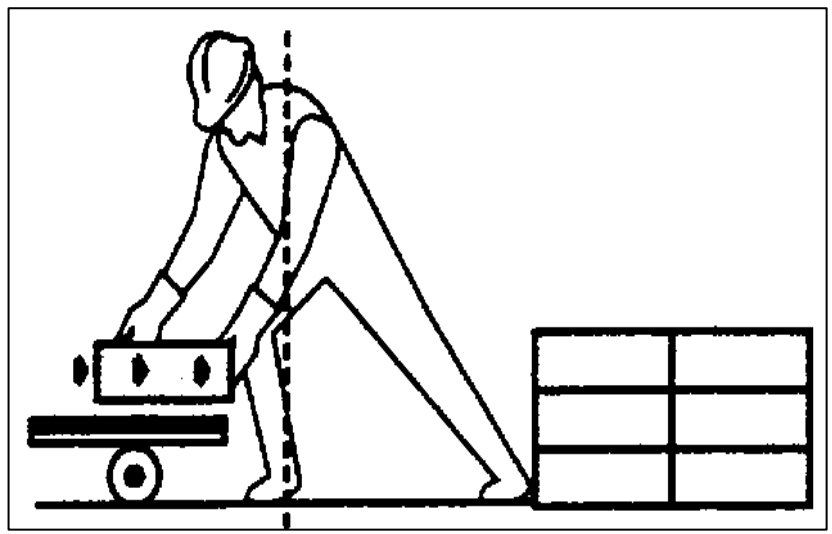
- PULL the material towards you.



Material handling

Step 2:

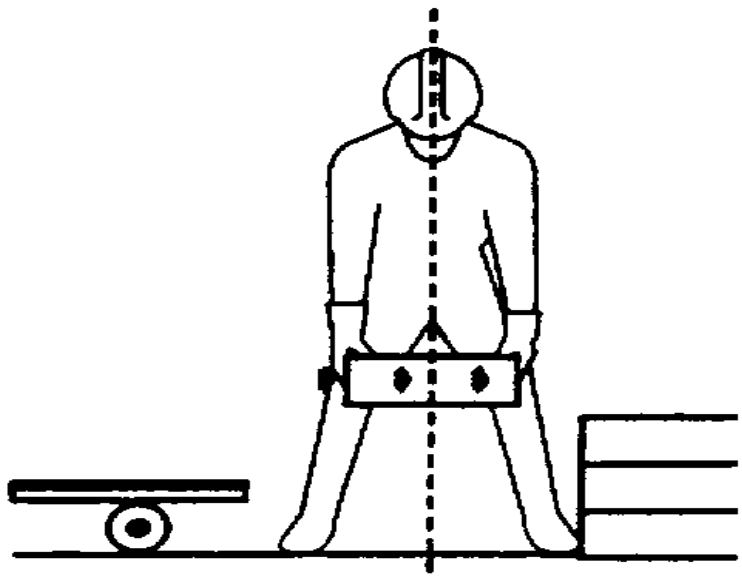
- TRANSFER your weight to the left side (nearest the load).



Material handling

Step 3:

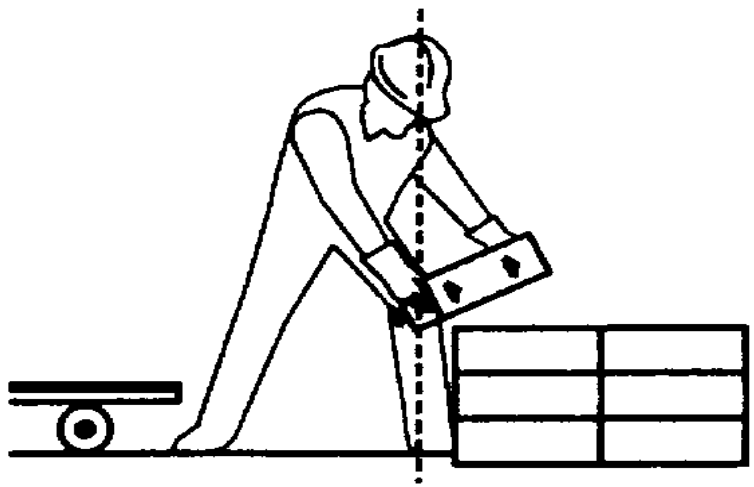
- LIFT only to the required level.



Material handling

Step 4:

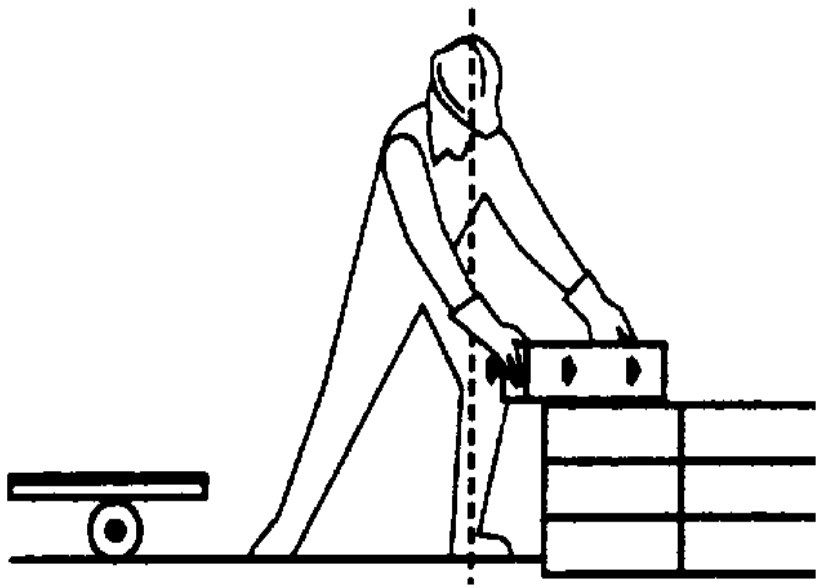
- SHIFT weight to your other leg.
- **Caution**: Do not twist your body.



Material handling

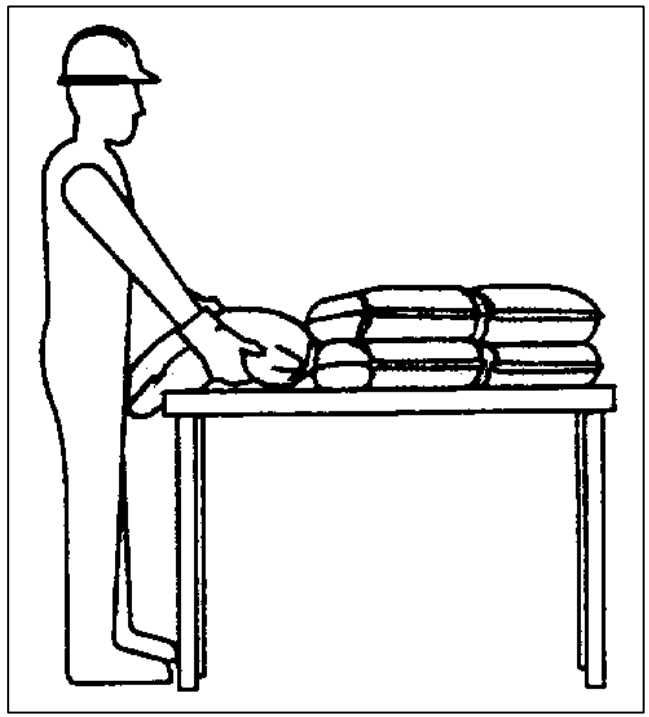
Step 5:

- PUSH material into position.



Material handling

- Store and work with materials at waist height whenever possible.



Do the right thing for yourself

- Reduce the weight of the load.
- Get help, use the “team” approach.
- Store materials at or above hip height—this reduces the need for bending.
- Use carts, ropes, forklifts, and other tools.
- Minimize the distance needed to carry items—plan your storage and movements.

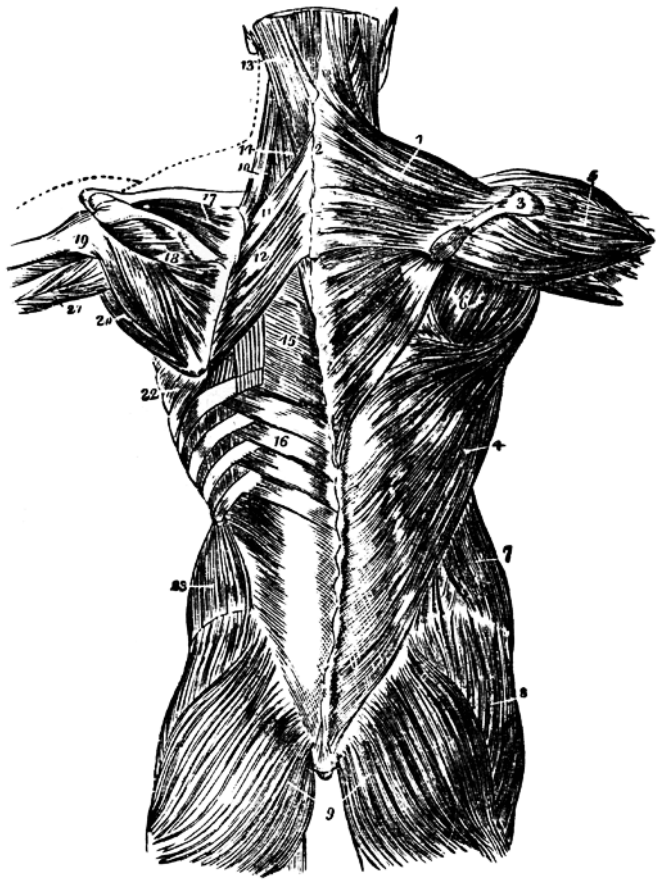
Do the right thing for yourself

- Transfer the weight of the load to stronger parts of your body using handgrips, straps, or belts.
- Reduce twisting of your body: Keep loads in front of you; turn by moving your feet, not your body.
- Don’t swing and throw heavy loads.
- Minimize bending to lift or shift a load.

Remember…

You only have one back,

so be kind to it.



Competency Check