

musculoskeletal disorders: what they are and how to prevent them.

Musculoskeletal disorders (or MSDs) are a group of painful ailments that affect your muscles, tendons, and nerves.

Examples include carpal tunnel syndrome, tendonitis, back pain, and herniated discs. Risk factors include:

repetitive movements

example: twisting a knob many times per hour

using a high degree of force

example: jackhammering

sustained awkward postures

example: hunching over a welding station

what you can do

use the right tools and equipment

Always check that your tools are in good condition and adjusted to your needs before starting work. Use jigs and fixtures to avoid holding items in awkward positions for long periods of time.

use your breaks to recover

Do not work through your breaks. Use them to rest and allow your muscles to recover from repetitive tasks.

report signs and symptoms immediately

When you report your symptoms, your employer can take steps to minimize risk factors.

safe work practices

rotate or expand jobs

Job rotation (or expansion) allows workers to engage in a variety of tasks. To be effective, workers must use different muscle groups and allow adequate recovery time.

design safe workplaces

Workstations that adjust to workers' size and shape reduce unnecessary awkward postures. Request feedback from employees on their workstation design and setup, to optimize comfort and reduce risk factors.

establish a prevention program

Identify and assess MSD hazards, and train workers about MSD risk factors. Encourage workers to report their symptoms as early as possible.



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Workers health & safety centre :
<https://www.whsc.on.ca/Resources/Publications/Ergonomic-Resources>
Government of Ontario:
<https://www.ontario.ca/page/ergonomics-workplace>

partner for talent.