

Musculoskeletal Disorders (MSDs)

MSDs are chronic injuries to the soft tissues in the body, including muscles, tendons and ligaments, nerves, blood vessels, joints, and discs in your spine. Common areas that can be affected are the shoulders, elbows, wrists and back. MSDs are usually work related, with a gradual onset of symptoms as a result of cumulative, repetitive activity.

How MSDs Impact You

MSDs are difficult to treat and can lead to permanent disability. They can impact your quality of life, affect your ability to perform the work you are trained to do, and can cause mental stress due to pain and disability.

Signs and Symptoms

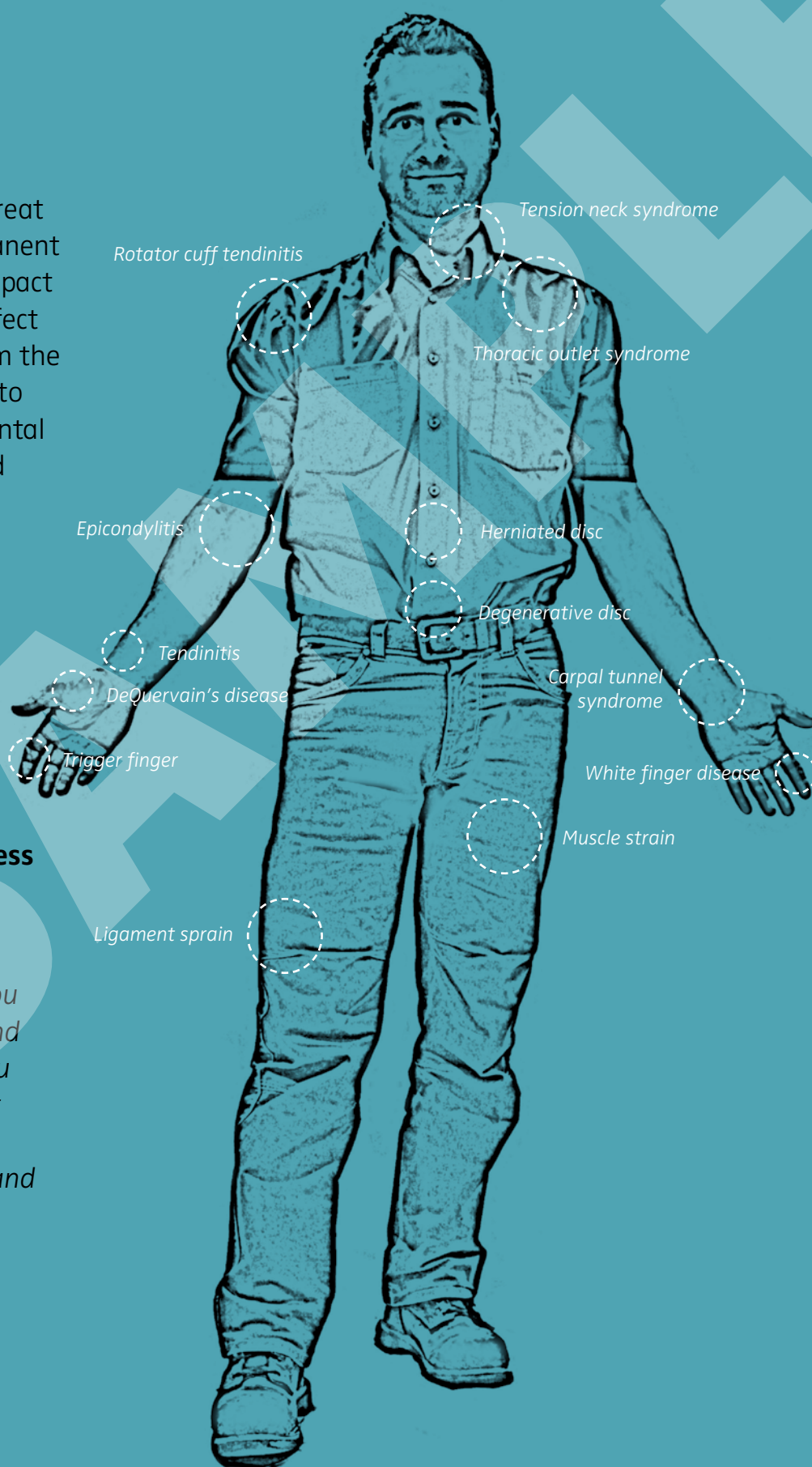
Pain

Loss of flexibility and muscle strength

Tingling and numbness

Swelling and heat in the affected area

It is important that you recognize the signs and symptoms early. If you experience discomfort at work, talk to your Health Care Provider and Supervisor.



Risk Factors

Forceful exertions

Repetitive movements

Awkward postures

Extended task duration

When MSD risk factors are combined, your risk of injury increases. However, not all people will be affected.

Take Action

THINK before you work.

LISTEN to your body.

REPORT discomfort.

STRETCH and exercise regularly.

REMEMBER:

LIGHTEN THE LOAD.

STAND STRONG.

Use the neutral posture.

BREAK IT UP.

Rotate your tasks regularly.