



SAFE WORK



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Recognizing MSI Risks

This bulletin is designed to help you recognize possible risks for Musculoskeletal Injury (MSI) in the workplace. The objective of completing the information on the opposite page is to raise awareness of MSI risks, and to act as a starting point for identification activities. This form is not meant for use as a formal risk assessment tool.

How to use this tool:

- Step 1: Read the MSI Hazards definitions below.
- Step 2: Choose two jobs that you feel may contain some of these hazards and observe these jobs in-person. Record the title and a description of the job.
- Step 3: For each job observed select the hazard(s) that is present by placing a check mark in the box beside the hazard.
- Step 4: In the comments section describe briefly why the hazard is present and/or what body part is effected (i.e. – repetitive movements of the arm may cause risk to the shoulder).
- Step 5: For each hazard selected, circle the perceived risk presented by the hazard as either: Low (L), Medium (M), or High (H).
Low – not likely to cause injury; Medium – may cause injury; High – will cause injury
- Step 6: From the findings, discuss the recognized hazards and what actions can be taken to reduce or eliminate them.

MSI Hazards

Repetitive Motion: Performing the same sequence of actions for an extended period of time with little or no change in the muscles used (i.e. working the same station on an assembly line).

Forceful Exertion: Performing an action that has the potential to overload the body tissues (i.e. carrying a heavy item up stairs).

Vibration: The direct transfer of repeating (back and forth) movements of a machine, or tool, to the body. Vibration can be classified as hand-arm (i.e. using a vibrating hand tool for prolonged periods) or whole body vibration (i.e. vibration transmitted through a vehicle cab to the operator's body).

Mechanical Compression: External pressure on the soft tissues, either at high forces and/or for prolonged periods of time (i.e. leaning on a barrier; resting a hand, wrist, or elbow on a desk while typing; or tools digging into the hand).

Sustained or Awkward Posture / Limitation on Motion or Action: Work elements (tools, workstations, processes, etc.) that force the worker to adopt body positions that increase the stress on the joints or soft tissues of the body (i.e. twisting the upper body, and over-reaching).

Further information on these definitions can be found on the Workplace Safety and Health Division website (i.e. MSI Guideline) at www.gov.mb.ca/labour/safety.

Job 1 Title _____
Description _____

Hazard	Comments	Degree of Risk
<input type="checkbox"/> Repetitive Motion _____		L M H
<input type="checkbox"/> Forceful Exertion _____		L M H
<input type="checkbox"/> Vibration _____		L M H
<input type="checkbox"/> Mechanical Compression _____		L M H
<input type="checkbox"/> Sustained or Awkward Posture/ Limitation on Motion or Action _____		L M H

Job 2 Title _____
Description _____

Hazard	Comments	Degree of Risk
<input type="checkbox"/> Repetitive Motion _____		L M H
<input type="checkbox"/> Forceful Exertion _____		L M H
<input type="checkbox"/> Vibration _____		L M H
<input type="checkbox"/> Mechanical Compression _____		L M H
<input type="checkbox"/> Sustained or Awkward Posture/ Limitation on Motion or Action _____		L M H

Online Resources:

MSI-related SafeWork Bulletins are available online at

<http://www.gov.mb.ca/labour/safety/bulletins.html>

Ergonomics Program Development and Implementation Guide and summary modules can be

found at <http://www.gov.mb.ca/labour/safety/guidelines.html>

Committee Training information and schedule can be found at

<http://www.gov.mb.ca/labour/safety/training.html>

Additional Ergonomics Links can be found at

<http://www.gov.mb.ca/labour/safety/ergonomic.html>