
A Cooperative Effort

The Kahnawake Occupational Safety and Health Office along with Mohawk Self Insurance are working closely to reduce workplace injuries. Workplace injuries cost employers, employees, insurance providers and families thousands of dollars each year. By providing the tools through promoting safety, providing training and or training materials and continued safety awareness, together we can reduce workplace injuries.



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“Safety” Is No Accident



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Musculoskeletal Disorders



Muscling in on Aches and Pains

What are MSD's

Musculoskeletal disorders (MSDs) are injuries which affect the body's muscles, joints, tendons, ligaments, nerves, spinal discs or cartilage. Most work-related MSDs develop over time and are caused either by the work itself or by the employees' working environment. Typically, MSDs affect the back, neck, shoulders and upper limbs; less often they affect the lower limbs.

MSD's are also described as:

- *Cumulative Trauma Disorders*
- *Repetitive Motion Injuries*
- *Repetitive Strain Injuries*
- *Overuse Injuries*

Many problems can be prevented or greatly reduced by following guidance on good practices.



Health effects range from discomfort, minor aches and pains, to more serious medical conditions requiring time off work and even medical treatment. In more chronic cases, treatment and recovery are often unsatisfactory - **the result could be permanent disability and loss of employment.**

Some MSD's include:

- *Back Injuries*
- *Muscle Strain*
- *Tendonitis*
- *Carpal Tunnel Syndrome*
- *Rotator Cuff Syndrome*
- *Tennis elbow*
- *Shoulder Pain*

What are symptoms and causes of MSD's?

Tightness, discomfort, stiffness, soreness or burning sensation in the hands, wrists, forearms or elbows

Pain, tingling or numbness in the hands or feet

Back, shoulder or neck pain

Swelling or inflammation

Shooting or stabbing pains in the arms or legs

Workplace MSD's are caused by exposure to the the following risk factors:

Vibration

Awkward Posture

Forceful Exertion

Contact Stress

Repetition

Reducing work related MSD's is the goal of an ergonomics program in the workplace.

