



## Musculoskeletal Disorders (MSDs)

The Ontario Ministry of Labour (MOL) is currently conducting an Inspection Blitz on **Workplace Musculoskeletal Disorders (WMSDs)** in the Health Care Sector until October 31, 2013. At this time, the Health and Safety office would like to take the opportunity to raise awareness on workplace MSDs and has compiled a few resources that may be relevant to your workplace.

WMSDs are injuries to the musculoskeletal system or muscles, joints, tendons and nerves, which develop over time as a result of work-related physical stresses. MSDs are also commonly known as:

- Repetitive strain injuries
- Cumulative trauma disorders
- Soft tissue disorders and
- Repetitive motion injuries

MOL Inspectors will focus on workplace policies and programs that address MSDs. Therefore, Health and Safety has created resources related to common MSD risk factors and prevention methods:

- [The MSD fact sheet](#) – understand contributing factors and prevention
- [Manual Materials Handling fact sheet](#) – proper lifting techniques
- [Guidelines for Safe Computer Use](#)
- [Workplace Exercises for Computer Users](#)

### AVOID MSDs – Get the facts!

The Health and Safety office will be offering a **Train-the-Trainer: Office Ergonomics course** to provide employees with an understanding of work-related MSDs and their symptoms, and the necessary tools to assist their colleagues in identifying ergonomic hazards and corrective measures.

#### Train-the-Trainer: Office Ergonomics –

November 18, 2013  
ERC 1058 11am – 12pm

To Register please email:  
healthandsafety@uoit.ca

### Additional Resources:

**Ministry of Labour – Musculoskeletal Disorders / Ergonomics**  
<http://www.labour.gov.on.ca/english/hs/topics/pains.php>

**Canadian Centre for Occupational Health and Safety**  
<http://www.ccohs.ca/oshanswers/diseases/rmirsi.html>

**Health and Safety Ontario**  
<http://www.healthandsafetyontario.ca/Resources/Topics/MSDs.aspx>

### Questions?

Contact UOIT Health and Safety at:  
Ext. 2140 or 6521  
Email: healthandsafety@uoit.ca

### Work related Hazards include:

1. Awkward postures
2. Repetitive motions without rest
3. Static positions without rest
4. Bending, carrying, lifting, and overreaching
5. Pushing or pulling heavy or awkward loads

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Get tips for your workstation.