

MUSCULOSKELETAL INJURY (MSI) PREVENTION WORKSHOP

This interactive workshop is designed to heighten awareness of the common biomechanical and ergonomic hazards associated with manual material handling around the home and in the yard. Participants will learn the necessary skills to work safely and reduce their risk of musculoskeletal sprains and strains most specifically related to overuse and overexertion type injuries.

Training Objective(s)

During this 60 minute workshop participants will be provided with:



- A brief review of common types of Musculoskeletal Injuries (MSI) generally associated with overuse and overexertion.
- Common Causes of MSI associated with manual material handling, including review of common ergonomic and biomechanical risk factors present in everyday applications around the home.
- Corrective actions and techniques to minimize identified injury risk factors and to improve material handling techniques to help prevent injury.
- Introduction to basic stretches and activities to help prevent musculoskeletal injury (time permitting).



Workshop Agenda

~Mins.

- (10) Introduction to common types and causes of Musculoskeletal Injuries (MSI) associated with material handling such as common shoulder, arm/elbow, back and knee injuries.
- (15) Identification and review of the primary ergonomic and biomechanical MSI risk factors associated with material handling including:
 - Awkward Posture(s)
 - Use of Force
 - Repetition
 - Power Positions
 - Biomechanical principles to reduce effort and improve safety
 - Additional considerations – including lifestyle risk factors (i.e. smoking, diet, stress management, and fitness).
- (10) Practical review and demonstrations of ergonomic and biomechanical strategies to improve safety and reduce injury risks.
- (10) Review of preventative maintenance strategies including: postural breaks, stretch and micro-break activities to further promote health, wellness, and productivity at home and at work.

Workshop format

An interactive trainer facilitated powerpoint presentation and practical review and assessment of ergonomic and biomechanical risk factors commonly experienced in general manual material handling activities around the home and yard.