

# Musculoskeletal Disorders



**Musculoskeletal injuries** (MSD) are a group of painful disorders that can develop gradually over time and are caused by overuse of the muscles, tendons and nerves or can be the result of an acute activity. Many of the musculoskeletal injuries affect the neck, shoulders, arms, wrists, hands, and fingers, but they can also arise from work that places strain on the legs, ankles, feet, or repetitive activities that place strain on the back.



**Elimination** is often difficult for hazards that could cause MSDs, but it can be as simple as implementing new cable management to remove tripping hazards.

**Elimination**

**Substitution** can be really helpful for reducing the risk of developing MSDs. Replace tools, chairs, and other equipment with more ergonomic versions when possible.

**Substitution**

**Engineering controls** refer to modifications to existing equipment or systems which can help reduce the amount of risk. For example, you could adjust an existing desk to make it better suited for your height and help you keep proper posture.

**Engineering Controls**

**Administrative controls** often involve the need for supervision to make sure that they are being implemented properly. However, effective training can be very helpful in reducing the risk of MSDs. For example, getting training on how to stretch while working can reduce muscle strain.

**Administrative controls**

**PPE** can help reduce muscle strain and injury risks that lead to MSDs. Items like back support, knee pads, and anti-vibration gloves can add to other ergonomic measures, but shouldn't be relied on to completely eliminate MSD risks.

**PPE**

***"Safety is a core value and business priority"***