



December Newsletter

BULLIVANT
 & Associates Inc.
 Your Partners in Health & Safety



Musculoskeletal Disorders

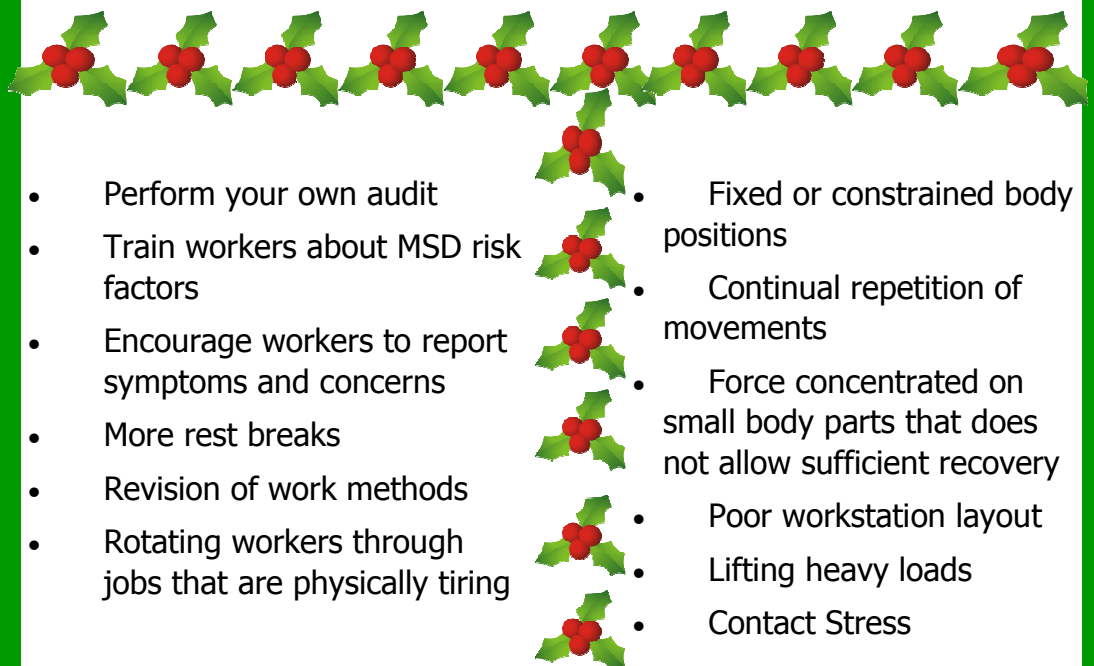


A condition where part of the muscular system is injured over time. This occurs when the body is repeating a motion causing damage often affecting muscle, bone and nerves. These disorders account for 40% of all lost time claims in Ontario workplaces between 2003-2007, resulting in 2.5 million days off work. During this same time period, Ontario employees paid more than 1 billion on direct/ in-direct costs related to MSD.

Construction sector proves to represent the majority of those suffering from MSD conditions and these claims.

Steps to Prevent

Work Patterns

- 
- Perform your own audit
 - Train workers about MSD risk factors
 - Encourage workers to report symptoms and concerns
 - More rest breaks
 - Revision of work methods
 - Rotating workers through jobs that are physically tiring
 - Fixed or constrained body positions
 - Continual repetition of movements
 - Force concentrated on small body parts that does not allow sufficient recovery
 - Poor workstation layout
 - Lifting heavy loads
 - Contact Stress

Bullivant & Associates Inc.
 35 King Street East
 Stoney Creek, ON
 L8G 5E6
 Ph: 905 664 4943
 Fax: 905 664 2553
 www.bullivant.ca