MSI Risk Factors Toolbox Talk Handout



BENEFITS

October is Global Ergonomics Month, which is intended to promote awareness of ergonomics-related risk factors that can lead workers to develop musculoskeletal injuries (MSIs), such as back strain and carpel tunnel syndrome. The OHS regulations require employers to protect workers from such injuries. To do so, you need to train workers to recognize the risk factors that can lead to MSIs.

HOW TO USE THE TOOL

Adapt this handout for your operations and equipment, OHS program and the requirements in your jurisdiction's OHS laws. For example, change the examples to reflect hazards or work tasks in your workplace. Give this handout to workers as part of a safety talk to educate them on the risk factors that can lead to MSIs as well as the controls.

OTHER RESOURCES:

IHSA

Lifting Safety Toolbox Talk Handout

Lifting hazard assessment checklist

Forms for investigating injuries to the **neck, shoulder and upper back**

Ergonomics Compliance Centre