

# Repetitive Motion Injuries – Preventing Repetitive Motion Injuries Infographic

## Musculoskeletal Disorders

Painful disorders of muscles, tendons, and nerves that develop over time from tasks that repeatedly cause stress and injury to tissues

### Common causes

- Material handling** injuries due to repeated lifting, pushing and pulling
- Workstation** furniture, layout, job design and keyboarding
- Repetitive motion injuries** risk factors due to job design, awkward body motions, and tools
- Inadequate job design** pace of work, production pressure, lack of sufficient time to recover from overwork

### What employers can do

Hazards are best eliminated at the source. Employers should focus on avoiding repetitive patterns of work through **job design changes**:

- Mechanization** automate tasks
- Team work** distributing work more evenly
- Job rotation** moving between different tasks
- Job enlargement** increasing the variety of tasks

If elimination of repetitive patterns of work is not possible, prevention strategies can focus on:

- Workplace design** fitting the workstation to the worker
- Assistive devices** using carts, hoists, or other mechanical handling devices
- Work practices** training workers, allowing rest periods, and giving workers more job control
- Tool and equipment design** providing proper tools that decrease the force and avoid awkward positions

### Symptoms

Musculoskeletal disorders (MSDs) are the most frequent type of lost-time injury and the single largest source of lost-time costs in Canada.

**WATCH FOR SIGNS**

Musculoskeletal disorders (MSDs) do not happen overnight.

Pain, joint stiffness, muscle tightness, redness, swelling of the affected area, numbness, “pins and needles” sensations, skin colour changes

Being aware of the causes and developing a prevention program is essential. Inform and train workers, encourage early reporting of symptoms, and identify and control job-related risk factors.

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Canadian Centre for Occupational Health and Safety

Source: <https://www.irsst.qc.ca>