

Safety Talk

Musculoskeletal Injury Prevention (MSIP) Safe Work Procedures



WHAT ARE MUSCULOSKELETAL INJURIES?

Musculoskeletal injuries affect soft tissues of the body including muscles, tendons, joints, ligaments and nerves. Musculoskeletal injuries are also known as repetitive strain injuries. These injuries often result from overuse or repetitive motions, leading to pain, stiffness, and limited movement.

WHAT IS AN MSIP SAFE WORK PROCEDURE?

They provide step-by-step instructions of how to complete client moving and object moving tasks safely to reduce risk of musculoskeletal injury.



MSIP SAFE WORK PROCEDURES CAN SUPPORT:

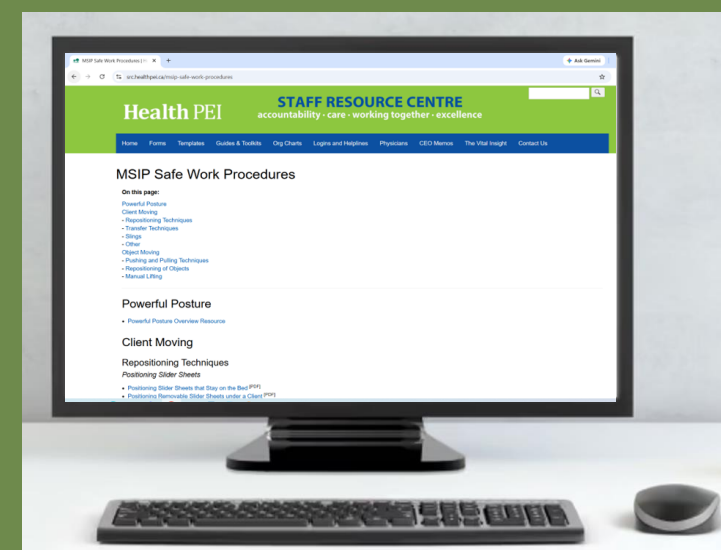
- Orientation for new employees
- Communicating information on MSIP techniques
- Reviewing MSIP techniques
- Providing recommendations following review of strain/sprain related employee incidents or concerns at OH&S Committee meetings or MSIP Committee meetings.



WHERE ARE MSIP SAFE WORK PROCEDURES AVAILABLE?

The Provincial MSIP team has created a bank of MSIP Safe Work Procedures on the Health PEI Staff Resource Centre website at the link below:

<https://src.healthpei.ca/msip-safe-work-procedures>



New MSIP Safe Work Procedures will continue to be developed and added to the Staff Resource Centre.

DATE:

FACILITY:

SAFETY TALK LEAD BY:

DEPARTMENT:

DISCUSSION QUESTIONS:

How could our team use the MSIP Safe Work Procedures?

Are there any MSIP techniques that would be beneficial for our team to review?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:	EMPLOYEES PRESENT:
FOLLOW UP ON CONCERNS:	

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at:
<https://src.healthpei.ca/safety-talks>