Injury Prevention

Individual Risk Factors & Control Methods

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MSD Risk Factors

ERGONOMIC RISK FACTORS
- FORCE
- REPETITION
- POSTURE

INDIVIDUAL RISK FACTORS
- POOR WORK PRACTICES
- POOR HEALTH PROFILE
- NO RECOGNITION OF EARLY WARNING SIGNS

Over time, exposure to risk factors leads to MSD.
MSD Prevention Controls

ERGONOMIC CONTROLS
Identify and remove ergonomic risk factors.

INDIVIDUAL CONTROLS
Identify and remove individual risk factors

PREVENT MSDs
Individual Risk Factors:

1. POOR WORK PRACTICES
2. POOR HEALTH PROFILE: HABITS, FITNESS, NUTRITION, HYDRATION, RECOVERY
3. NO RECOGNITION OF EARLY SIGNS AND SYMPTOMS OF MSDs
Individual Controls – The MSD Prevention Toolbox

- Employee Education and Training (Formal Classroom)
- Employee Education and Training (1-on-1)
- Early Intervention
Classroom Training Content:
- Proper Warm Up
- Proper Body Mechanics and Technique
- Good Health Habits: Fitness, Nutrition, Hydration, Recovery
- Early Signs and Symptoms of Musculoskeletal Disorders (MSDs)
Proper Warm Up
Proper Body Mechanics

**Diagram:**
- The left side of the diagram shows two characters lifting boxes in an unsafe manner, leading to strain and discomfort.
- The right side of the diagram illustrates a weight limit chart indicating different zones:
  - **Green (Excellent):** 0-20" and 0-40 lbs.
  - **Yellow (Safe):** 21-40" and 21-50 lbs.
  - **Red (Danger):** 41-70" and over 50 lbs.
- The chart explains the recommended weight limit that can be lifted safely at different vertical and horizontal distances.
Good Health Habits – Fitness, Nutrition, Hydration, Recovery
Recognizing Early Warning Signs
Employee Education and Training (Formal Classroom)

Recognizing Early Warning Signs

- Ergonomics
- Warm-up
- Body mechanics
- Counteractive stretching
- Rest and recovery
- Hydration
- Nutrition
- Good health habits

MSD Curve
Fatigue vs. Recovery

MSD RECOVERY & PREVENTION
Early intervention is a proactive strategy designed to discover early warning signs of MSDs and prevent the early warning signs from developing into an injury.
Early Intervention and 1-on-1 Training

Early Intervention Consultation with Kay
Early Intervention and 1-on-1 Training

How it works:

When an early report is received, the onsite injury prevention specialist consults with the employee to review the MSD Prevention Toolbox materials and help the employee reverse early warning signs and prevent an injury from occurring.

The prevention specialist will also evaluate work tasks for ergonomic risk factors.

ALL risk factors (ergonomic and individual) are addressed through a proactive early intervention process.
Early Intervention and 1-on-1 Training

How it works:

- Ergonomics
- Warm-up
- Body mechanics
- Counteractive stretching
- Rest and recovery
- Hydration
- Nutrition
- Good health habits

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