

Injury Prevention

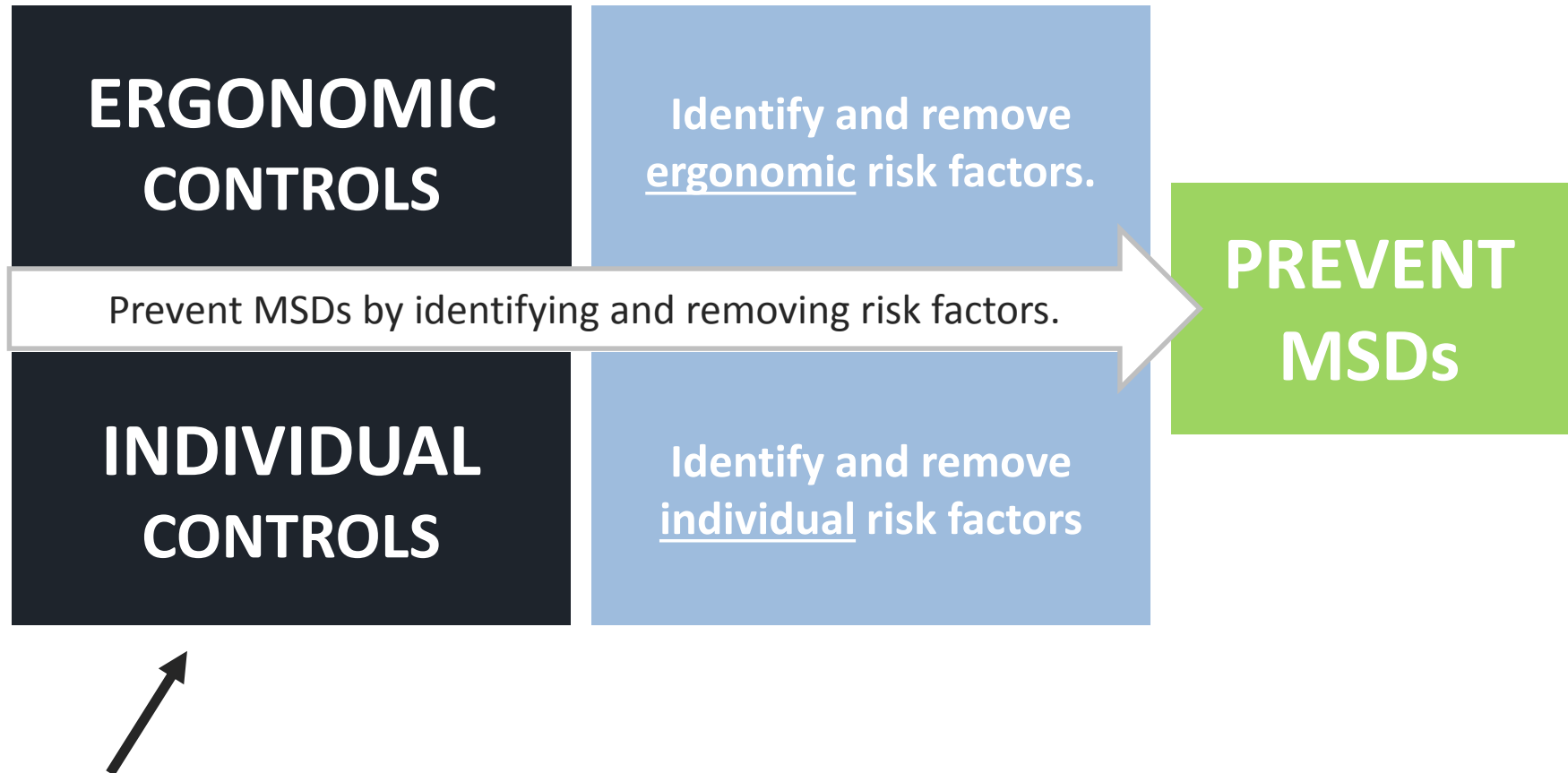
Individual Risk Factors & Control Methods

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MSD Risk Factors



MSD Prevention Controls



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)

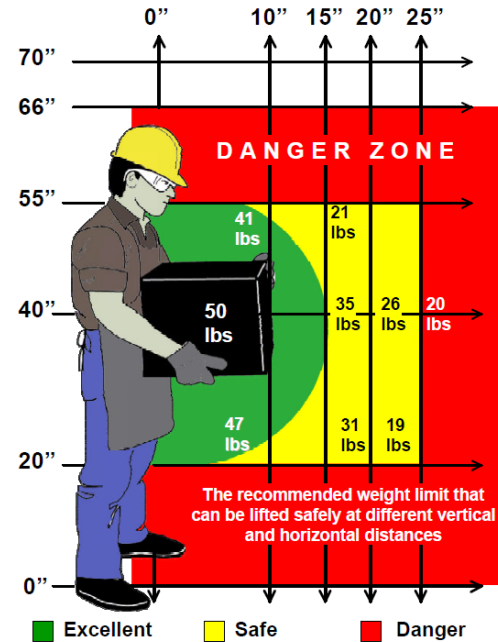
Employee Education and Training (Formal Classroom)

Proper Warm Up



Employee Education and Training (Formal Classroom)

Proper Body Mechanics



Employee Education and Training (Formal Classroom)

Good Health Habits – Fitness, Nutrition, Hydration, Recovery



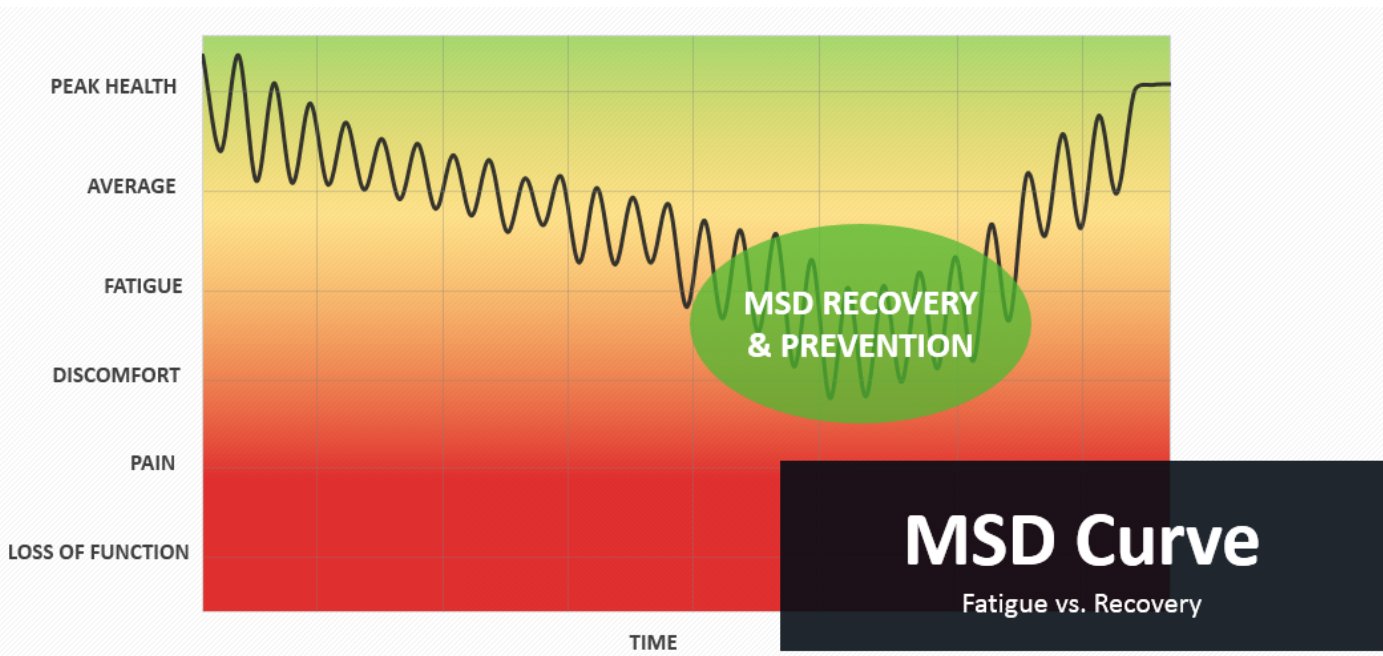
Employee Education and Training (Formal Classroom)

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

Early Intervention and 1-on-1 Training

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

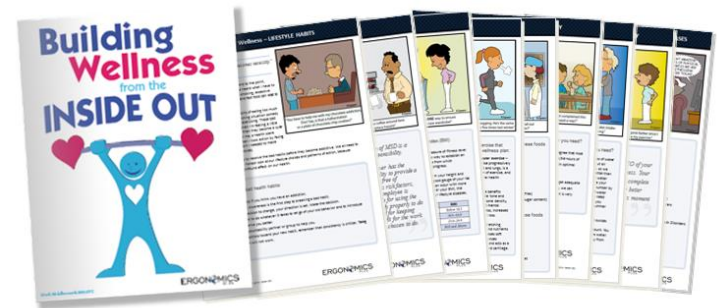
Early Intervention and 1-on-1 Training

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



Get more ergonomics and injury prevention tips at Ergo-Plus.com.

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