



BC Forest Safety

Safety is **good** business

HEALTH AWARENESS: REDUCING THE RISK OF MUSCULOSKELETAL INJURIES (MSI)

- **MSI'S ARE ONE OF THE HIGHEST INJURY CATEGORIES IN BC AND THE MOST FREQUENT TYPE OF LOST-TIME INJURY. MSI'S INCLUDE MUSCLE STRAINS, AND INJURIES TO THE JOINT AND SURROUNDING TENDONS.**
- **MSI'S CAN OCCUR WITH OVERUSE, REPETITIVE MOVEMENTS OR WORKING IN AWKWARD POSTURES BUT CAN ALSO APPEAR SUDDENLY DUE TO A SINGLE EVENT.**
- **EARLY DETECTION CAN PREVENT AN MSI. REPORT TO YOUR FIRST-AID ATTENDANT AT THE FIRST SIGN OF PAIN, NUMBNESS OR TINGLING, WEAKNESS OR SIGNS OF INFLAMMATION LIKE REDNESS AND SWELLING OR BRUISING.**
- **REDUCE THE RISK OF MSI'S BY GETTING REGULAR EXERCISE, EATING WELL AND REHABILITATING INJURIES PROPERLY.**