

# EARLY REPORTED ERGONOMIC INJURIES

## HEAL FASTER AND PREVENT REOCCURRENCE

**ERGONOMIC INJURIES ARE DEFINED AS INJURIES OR PAIN IN THE HUMAN MUSCULOSKELETAL SYSTEM INCLUDING THE JOINTS, LIGAMENTS, MUSCLES, NERVES, TENDONS AND STRUCTURES THAT SUPPORT LIMBS, NECK AND BACK.**

**EARLY REPORTING, DIAGNOSIS AND INTERVENTION OF ERGONOMIC INJURIES CAN:**

- LIMIT INJURY SEVERITY
- IMPROVE THE EFFECTIVENESS OF TREATMENT
- MINIMIZE THE LIKELIHOOD OF DISABILITY OR PERMANENT DAMAGE
- GET WORKERS BACK TO WORK SOONER
- REDUCE WORKERS COMPENSATION CLAIMS



**BC Forest Safety**

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**EARLY INJURY REPORTING IS IMPORTANT TO PROPERLY ASSESS, DIAGNOSE AND TREAT MUSCULOSKELETAL DISORDERS (MSDS) AND TO REDUCE THE POSSIBILITY OF A MINOR INJURY BECOMING WORSE.**

Ergonomic injuries may occur when work areas and /or work tasks require:

- Exerting excessive force
- Performing the same or similar tasks repetitively
- Working in awkward postures or being in the same posture for long periods of time
- Localized pressure into the body part
- Cold temperatures
- Vibrations
- Combined exposure to several risk factors listed above

Workers experiencing ergonomic issues should promptly report these to the employer to act and investigate.

Early reporting allows the employer to correctly identify work areas or work tasks where injuries are occurring and to investigate the causes of the injury to prevent it from reoccurring. If not corrected, the same work areas or work tasks may cause another worker to be injured, perhaps with more severe consequences.

There are many simple strategies employers can proactively implement to help lower the risk of ergonomic injuries.

- Modify tools, equipment and/or work areas to enhance ergonomic health
- Encourage stretching and exercises such as shaking of arms and hands, rolling shoulders, etc.
- Promote stretch breaks and warm-up exercises
- Educate workers on proper posture and lifting techniques
- Encourage the use of products such as back belts or wrist braces in the workplace



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