MSDs Are Ergonomic Related Injuries

Musculoskeletal Disorders is the proper scientific term but we will use MSDs instead. MSDs are injuries or pain and discomfort in the body’s __________, ligaments, __________, nerves, __________and structures that support the __________, __________ and __________.

Ergonomic Improvement

“Ergonomic improvement is a process for reducing risk and preventing MSD injuries that cause pain and discomfort by effectively managing the __________of __________, __________, __________, __________ and __________.”

Process

• A __________ is a series of steps developed and designed to achieve a __________ ________________.
• It is __________ ending.
• It is ________________.
• It has __________ and __________.
• Every time the process receives a good input a __________ ________should follow.

Hazard

A hazard may be defined as – _________________. There are two major types of hazard. The first type is an unsafe _______________. The second type is an unsafe _______________.

How Do MSDs Occur

An ________ is an injury or pain and discomfort that happens ________ ________because of unsafe conditions and unsafe behaviors.

Learning to Recognize Danger

Therefore, based on __________ ________ __________, we develop skills to keep safe.
In Addition

We also develop skills to keep safe by __________ to and __________ our elders handle potential dangers.

What is the Best Way to Prevent MSDs?

Recognize and manage the __________ that cause them

Manage the __________ that cause them

________ Postures and Movement
Postures and Movement

Neutral Posture

Awkward Postures

Elbow Flexion

Elbow Extension

Neutral Posture

Awkward Postures

Shoulder Flexion

Shoulder Extension

Shoulder Abduction

Shoulder Abduction & Extension
Postures and Movement

Neutral Posture vs. Awkward Postures

___________ postures produce the __________stress on the body while ______________ postures produce the __________ stress.

The Four Factors That Influence Ergonomic Injury

__________ is a factor which can produce physical stress. The remaining three factors are – ________________, ________________ and _________________.

This Is What Works

• All of your projects must address three words. They must be practical, feasible and realistic. This is the key to success.
  • ______________ = it can be done
  • ______________ = it makes sense to do it
  • ______________ = it is within the capability of the organization to get it
Sage Advice

“_________________ _____________________________ is better than delayed perfection “

“_________________ is the __________________ of good “

Five Steps to Improvement

1. ______________ an awkward posture
2. ______________ what can you do to -
   • Improve the posture
   • Reduce the force
   • Reduce the duration
   • Reduce the frequency
3. ______________ your improvement
4. Recognize, communicate and share your success
5. Repeat steps 1-4