

safety is  
*everyone's*  
business

**Week 4**



# musculoskeletal *injuries*

swipe to learn more →



 national safe  
work month

**2024**



*What are*

# **musculoskeletal** *injuries (MSIs)?*

**MSIs are a broad term that refers to any injury to, or disease of, the musculoskeletal system.**

The musculoskeletal system is made up of muscles, bones, joints, and connective tissues, and MSIs can result from gradual wear and tear and/or sudden damage to these body parts.





*What are*

# **some examples of** *MSIs?*



sprains and strains of muscles  
ligaments, and tendons



back injuries



nerve injuries or compression  
(e.g. carpal tunnel syndrome)



injuries from  
hand-arm vibration.



# What causes *MSIs*?



## Psychosocial hazards may include

high or low job demands

poor support, and

harassment



## Physical hazards may include

slips, trips and falls

hazardous manual tasks

- lifting
- pushing
- pulling