



MSI
Musculoskeletal Injury

Update - Projects

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Update

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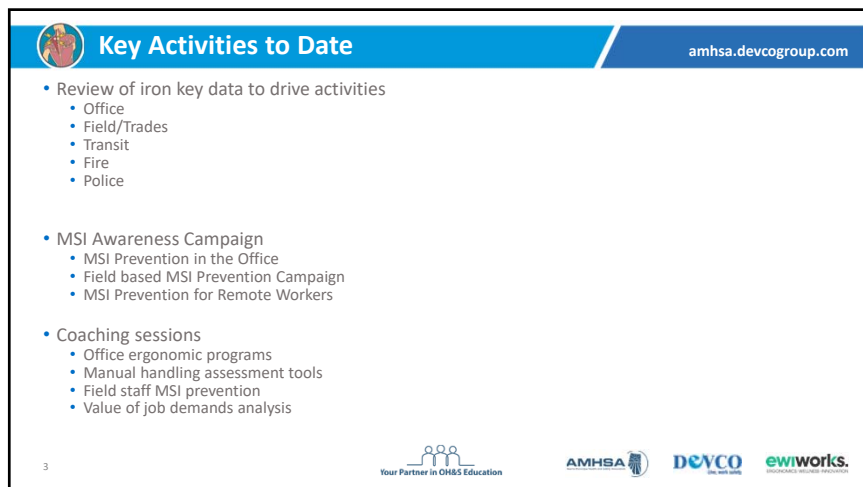
- Overview key activities to date
- Goals for next year
- Questions

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Key Activities to Date

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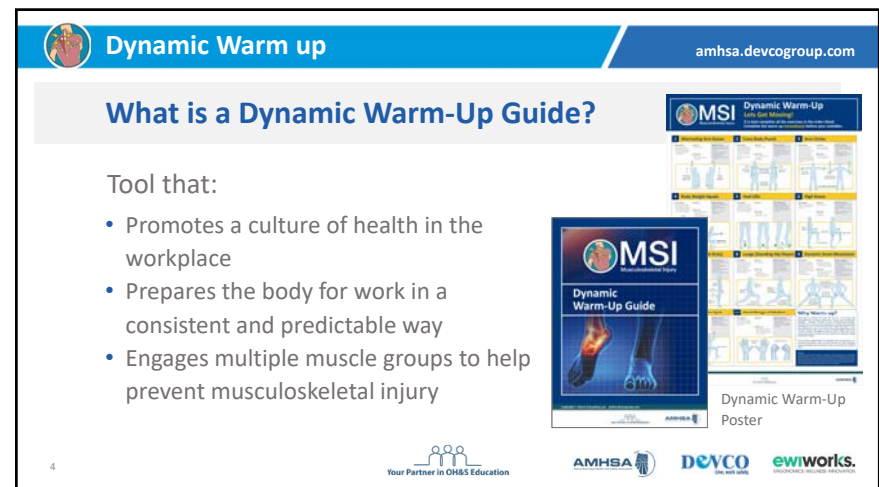
- Review of iron key data to drive activities
 - Office
 - Field/Trades
 - Transit
 - Fire
 - Police
- MSI Awareness Campaign
 - MSI Prevention in the Office
 - Field based MSI Prevention Campaign
 - MSI Prevention for Remote Workers
- Coaching sessions
 - Office ergonomic programs
 - Manual handling assessment tools
 - Field staff MSI prevention
 - Value of job demands analysis

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Dynamic Warm up

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What is a Dynamic Warm-Up Guide?

Tool that:

- Promotes a culture of health in the workplace
- Prepares the body for work in a consistent and predictable way
- Engages multiple muscle groups to help prevent musculoskeletal injury

Dynamic Warm-Up Poster

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Performing the Dynamic Warm-Up amhsa.devcogroup.com

Alternating Arm Raises

Alternate arms, leaving hands open

Reach directly overhead

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MSI Awareness Campaign amhsa.devcogroup.com

AMHSA MSI Musculoskeletal Injury

TOOLBOX TALKS

- Force
- Posture
- Repetition & Duration
- Contact Stress
- Vibration & Jarring
- Cold Temperatures
- Hot Temperatures
- Personal Risk Factors

<https://amhsa.devcogroup.com/musculoskeletal-injuries-msi/>

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Pilot Project – City of Lacombe amhsa.devcogroup.com

- Intended outcome - Build an office ergonomics program
 - Guide
 - Templates
 - Training for internal resources
- Current State
 - Site review
 - Review of current program documents
 - Administration of survey
- Generate recommendations to improve office ergonomic prevention program – City of Lacombe
 - Develop program, policies and procedures
 - Education and Training
 - Develop in-house support
 - Establish guideline for procurement for furniture and equipment to meet Ergo Needs

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Goals Next Year amhsa.devcogroup.com

- Roll out presentation, templates and resources to build an internal office ergonomics program
- Roll out strategy to implement a MSI awareness campaign for various work groups
- Coaching sessions

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Q & A

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