

Student Handout

Musculoskeletal Injuries (MSI)

A musculoskeletal injury is an injury or disorder of the muscles, tendons, ligaments, joints, nerves, or blood vessels due to overexertion, repetitive motions, or uncomfortable postures. Some common MSIs include muscle or tendon strains, ligament sprains, and tendonitis.

Examples of hazards

Risk factors are aspects of the job that put you at risk of injury. The risk of injury depends on how long and how many times you are exposed to a risk factor. Hair stylists are exposed to the following MSI risk factors:

- ❑ Standing in one position for extended periods of time
- ❑ Raising or holding arms up without support while treating, cutting, or styling hair
- ❑ Grasping hair dryer for long periods of time
- ❑ Bending forward at waist to wash hair
- ❑ Bending wrists repeatedly while cutting and styling hair

Safety tips

Here are some things that employers and/or workers can do to reduce the risk of injury:

- ❑ Provide anti-fatigue matting or use anti-fatigue insoles
- ❑ Use chairs or sit-stand stools
- ❑ Wear low-heeled, comfortable shoes
- ❑ Adjust the chair so you can work standing upright with your arms in a relaxed position
- ❑ Use hair dryers with narrow, easy-to-grasp handles
- ❑ Educate workers on the risk factors for MSIs
- ❑ Take micro-pauses and change positions frequently

