

Student Handout

Musculoskeletal Injuries (MSIs)

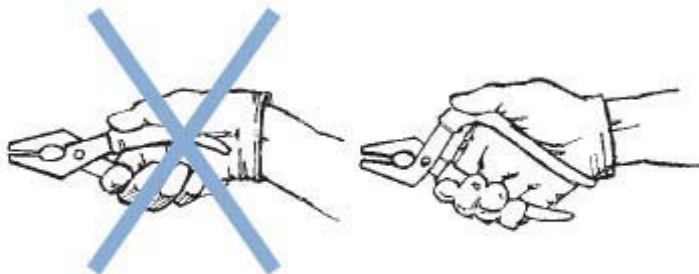
A musculoskeletal injury is an injury or disorder of the muscles, tendons, ligaments, joints, nerves, or blood vessels due to overexertion, repetitive motions, or uncomfortable postures. Some common MSIs include muscle or tendon strains, ligament sprains, and tendonitis.

Examples of risk factors

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.

Plumbers are exposed to the following MSI risk factors:

- ❑ Using hands in a repetitive and forceful manner
- ❑ Adopting awkward body postures, such as kneeling and squatting
- ❑ Lifting objects that are heavy or difficult to handle
- ❑ Using tools and handling sharp objects that press into the soft sides of the fingers, thumb, and hand
- ❑ Working in very cold or very hot environments



Tools with angled handles keep the wrist straight.





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Safety tips

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

- Preassemble components at bench height
- Assemble components on rolling carts, and use mechanical lifts
- Rotate tasks, take micro-breaks, and change your position often
- Arrange your tools and equipment to make things easy to reach
- Move your feet to change position, rather than twisting
- Use well-maintained tools that are appropriate to the task

