

Student Handout

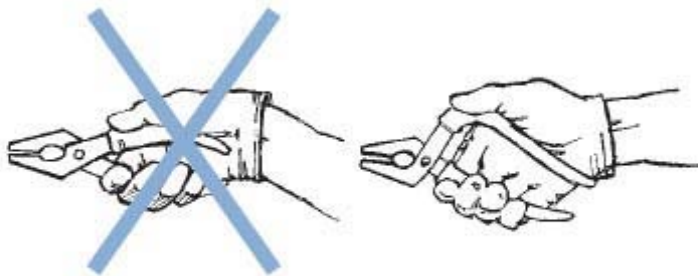
Musculoskeletal Injuries (MSIs)

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. Woodworkers may be exposed to the following MSI risk factors:

- ❑ Exerting force with bent wrists
- ❑ Moving wrists and fingers repetitively
- ❑ Repeated triggering and gripping of vibrating tools
- ❑ Maintaining uncomfortable postures for long periods of time, such as working overhead and reaching above shoulders
- ❑ Frequently lifting, pushing, and carrying heavy objects that are difficult to handle
- ❑ Using tools and handling sharp objects that press into the soft sides of the fingers, thumb, and hand
- ❑ Pressing hard surfaces onto bony parts of the body, such as when kneeling or packing materials onto shoulders



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:

- ❑ Plan what you are going to do, and carry only the tools, equipment, or materials you will need.
- ❑ Wear a tool belt that fits, and distribute the tools and materials evenly.
- ❑ Avoid prolonged contact with hard surfaces and sharp edges. Wear knee pads, gloves, shoulder pads, or cushioned insoles in your shoes for comfort and protection.
- ❑ Use the right tools for the job. Lightweight tools, such as titanium hammers, can help reduce fatigue and increase productivity. Choose tools that fit your hand and are appropriate for the task.
- ❑ Practice good housekeeping. Pick up debris and scrap wood to prevent trips, slips, and falls. Bend exposed nails to prevent puncture wounds. Good housekeeping allows you and your equipment to get closer to your work.
- ❑ Use well-fitting gloves that are appropriate for the job to protect your hands from cuts, vibration, and cold temperatures.

