



MSI

Musculoskeletal Injury

What is a Musculoskeletal Injury?

Musculoskeletal injuries (MSIs) are injuries affecting the bones, muscles, tendons, ligaments and nerves due to exposure to repetitive, forceful or awkward body movements.

Signs & Symptoms of an Musculoskeletal Injury can include

- Dull ache
- Sharp pain
- Tenderness
- Burning
- Redness
- Swelling
- Tingling or numbness
- Restricted range of movement or loss of strength

If you are experiencing any of these signs or symptoms it is important that you report them to your supervisor.



Stages of an Musculoskeletal Injury

Early Stage	Intermediate Stage	Late Stage
<ul style="list-style-type: none"> • Aching and tiredness during shift • Improves away from work • No impact on work performance 	<ul style="list-style-type: none"> • Aching tiredness occurs early in shift and persists at night • Reduced capacity at work 	<ul style="list-style-type: none"> • Aching, fatigue and weakness persist at rest • Sleep disrupted • Activities at work & home affected • Recovery is long

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