

# MUSCULOSKELETAL INJURY PREVENTION (MSIP) WEEK

September 18 – 24, 2011



**CAPSC**  
Safety  
Services  
NEWFOUNDLAND  
LABRADOR

strength in  
**numbers**



## Fact Sheet #1 – Introduction

The theme of this year's musculoskeletal injury prevention (MSIP) week is “**Strength in Numbers**”

As in previous years, MSIs account for the vast majority of our provincial workplace lost time claims (in 2010 a staggering 66%). Given these alarming numbers we should not be complacent and expect these injuries each year but work together to eliminate them.

This year's theme has many facets to it. It encourages all employers, employees and stakeholder groups to work together. There is strength in any endeavour if we combine our expertise and commitment. Another component of the theme sheds some light on statistics and numbers around this issue and as stated above, the numbers should be of serious concern. Yet another side to the theme focuses on the importance of strength and being strong both physically and mentally to face our daily tasks.

In terms of working together, there are many workplace parties that play a role and have a vested interest in the health and well-being of your workplace – and it's not just those who work there. Obviously employers, supervisors, OHS committees / reps as well as the workers themselves don't want to see anyone off with a bad back, sprained ankle, etc. It forces

workplaces to go into a form of emergency response mode – adjusting for operations, planning of work, overtime etc. all because one of our employees are no longer able to do their job.

But these effects are felt outside the walls of the workplace as well. Key stakeholder groups like industry associations, unions, regulators, and WHSCC all want for each employee to return home from work each day healthy and safe. When that does not happen, all of us feel the collective effect of that. We want you to have the information and knowledge necessary to make the safe decision and then to be working in an environment where the safety culture supports that decision.

We will all be safer and healthier if we work together (strength in numbers) to make that happen. Seek out the expertise, ask questions, assess the risk – whatever it takes to stay safe.

Over the coming days you will be provided with information that will help you work towards the goal of our magic number of 0. Zero musculoskeletal injuries, zero harm – the strongest number of all. You are encouraged to take advantage of this information and to seek out more; all in an effort to make your workplace the safest and healthiest it can be.