

# MUSCULOSKELETAL INJURY PREVENTION (MSIP) WEEK

September 18 – 24, 2011



**CAPSC**  
**Safety**  
**Services**  
NEWFOUNDLAND  
LABRADOR

strength in  
**numbers**



## Fact Sheet #2 – Numbers

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.

So that's one number – 66%

Here's another number – 10. MSIP Week is 10 years old this year. That's a full decade of working towards a decrease in MSIs in our province. But if the numbers are any indication, we have a ways to go to 0.

0 – that's the big number. Zero harm, zero loss. We want people to focus on every task, every decision because each moment of inattention or distraction takes us all away from that goal. If each and every individual focused on their decisions in the moment from the perspective of risk we would be much closer to this ultimate goal. And we can get there. Every minute of every day we make choices. We need to ensure they are the safe choice, the healthy choice.

Numbers are a funny thing.

You've heard it said that numbers / statistics can be used to say what you want them to say; and there certainly is an element of that but our numbers can also be a very important tool in helping us to prevent future recurrence.

If we have a culture in our organizations that support reporting of hazards and incidents, those numbers can teach us much about trends, areas for focus and planning for training, supervision etc. For example, if we know that in February we have an increase in MSIs due to slips, trips and falls we can proactively plan for an increased amount of controls to effectively manage them during that risky period. Same would apply for a piece of equipment that we might have a rash of hand muscle injuries due to employees having to torque the equipment excessively due to poor maintenance. If events like these are tracked, injuries recorded, cause determined then we can more effectively prevent recurrence of future similar events.

So although there is an argument to be made that numbers can be manipulated and that they are not always a true indicator of risky behavior etc. they can teach us much; if we pay attention, about where we may have areas of concern, where we can focus our resources and how we can ultimately reduce loss in our workplace. There is strength in numbers.