

MUSCULOSKELETAL INJURY PREVENTION (MSIP) WEEK

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CAPSC
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strength in
numbers



Fact Sheet #3 – Strength of Body

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

Exercise prevents—or at least reduces the severity of—musculoskeletal injuries. It also helps the body manage workload and weight. And the benefits aren't just physical. Exercise also increases confidence, cuts stress and improves mood. But if getting in shape were easy, everybody would do it. Fitness takes commitment and discipline.

Supervisors can play a key role in getting workers to get in shape. Here are some tips you can use to get your workers to get physical—and stay physical year-round.

Before You Begin

Too many workers make the mistake of rushing into a fitness program without understanding whether it's appropriate for them. So the first thing your workers need to do is recognize their current condition and identify their fitness goals. Do they want to lose weight, build muscle, endurance, strength or flexibility or some combination?

Once they make these determinations, they can find a program that meets their goals and matches their condition. Remind workers to check with their doctor before starting a program. Based on their doctor's advice, they might have

to modify or avoid activities such as weightlifting if they have certain health conditions or previous injuries.

Staying Injury-Free

Workers also need to be careful not to jump right in once they find a fitness program that suits them. Tell them to keep these 10 exercise tips in mind to avoid injury:

1. Always do warm ups and stretching.
2. Do exercises in a controlled manner.
3. If lifting, start out using light weights.
4. Don't go to total muscle fatigue in your first few weeks.
5. Practice and perfect your technique.
6. Remember to breathe.
7. Keep vertebrae properly aligned.
8. Strengthen abdominal muscles; they support your lower back.
9. Bend, don't lock the knees.
10. Include cooling-down time.

Conclusion

There are many reasons to get in shape. And it doesn't necessarily mean sweating for hours on a treadmill or lifting huge weights. It means attaining a level that you're comfortable with. Whether it's a brisk walk every day or a few hours at the gym once a week, it's a good habit to start.

Source: SafetyXChange, Catherine Jones