ERGONOMICS

HOW TO PREVENT MUSCULOSKELETAL INJURIES

Musculoskeletal injuries, or MSIs, account for approximately 30% of all-time loss injuries to workers in British Columbia. MSI is defined as an injury or disorder of the muscles, tendons, ligaments, joints, nerves, blood vessels, or related soft tissue that may be caused or aggravated by work.

Ergonomics is the science of fitting workplace conditions and job demands to workers’ capabilities, thus reducing the hazards that cause MSIs.

Some common controls that are used to prevent MSIs and fatigue in the workplace include design of the space and equipment/tools, housekeeping, task rotation, taking micro breaks, training and stretching.

Office Ergonomics

Many of us rely heavily on computers to help us perform our work. For some, dedicated computer work is necessary, while others multi-task throughout the day. No two people are the same, and ergonomics strives to fit the task to the person doing it.

If you are not aware of how to most appropriately set up your office please read the WorkSafeBC guide – How to Make Your Computer WorkStation Fit You.
Requesting for An Ergonomic Assessment
If you have read the resource materials and still have questions or concerns, please do not hesitate to contract the Occupational Health and Safety group to request for an ergonomic assessment.

Workstation Set Up and Healthy Habits for the Office

Healthy Habits
• Ensure regular pause breaks to stretch and get up from prolonged sitting
• Have a lunch break away from your desk
• Keep hydrated by drinking plenty of water during the day
• Vary your postures

Keyboard
• Position keyboard/keyboard tray so that your shoulders are relaxed, elbows by side and wrists are flat
• Do not angle the keyboard towards yourself, leave it flat

Chair
• Adjust chair to the height that allows you to rest your feet firmly on the floor/foot rest
• Position back rest to support the curve in your low back

Mouse
• Maintain relaxed hand/finger position
• Consider alternating mouse between left and right hand when possible
• Keep mouse at same level as keyboard
• Move your entire arm not just wrist movements

BCIT First Aid Incidents for April 2016

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.