

MUSCULAR SKELETAL INJURY (MSI) RISK ASSESSMENTS

How to use MSI Risk Assessment:

- Step 1:** Read the MSI Hazards definitions below.
- Step 2:** Choose two jobs/tasks that you feel may contain some of these hazards and observe these jobs/tasks in person. Record the title and a description of the job/tasks.
- Step 3:** For each job/task observed select the hazard(s) that is present by placing a check mark in the box beside the hazard.
- Step 4:** In the comments section describe briefly why the hazard is present and/or what body part is affected (i.e. – repetitive movements of the arm may cause risk to the shoulder).
- Step 5:** For each hazard selected, circle the perceived risk presented by the hazard as either: Low (L), Medium (M), or High (H). Low – not likely to cause injury; Medium – may cause injury; High – will cause injury
- Step 6:** From the findings, discuss the recognized hazards and what actions can be taken to reduce or eliminate them.

MSI Hazards Definitions:

Repetitive Motion: Performing the same sequence of actions for an extended period of time with little or no change in the muscles used (i.e. working the same station on an assembly line).

Forceful Exertion: Performing an action that has the potential to overload the body tissues (i.e. carrying a heavy item upstairs).

Vibration: The direct transfer of repeating (back and forth) movements of a machine, or tool, to the body. Vibration can be classified as hand-arm (i.e. using a vibrating hand tool for prolonged periods) or whole body vibration (i.e. vibration transmitted through a vehicle cab to the operator's body).

Mechanical Compression: External pressure on the soft tissues, either at high forces and/or for prolonged periods of time (i.e. leaning on a barrier; resting a hand, wrist, or elbow on a desk while typing; or tools digging into the hand).

Sustained or Awkward Posture/Limitation on Motion or Action: Work elements (tools, workstations, processes, etc.) that force the worker to adopt body positions that increase the stress on the joints or soft tissues of the body (i.e. twisting the upper body, and over-reaching).

Job/task Number One:

Job or Task Title: _____

Description: _____

Hazard	Comments	Degree of Risk (Circle one)
<input type="checkbox"/> Repetitive Motion		L M H
<input type="checkbox"/> Forceful Exertion		L M H
<input type="checkbox"/> Vibration		L M H
<input type="checkbox"/> Mechanical Compression		L M H
<input type="checkbox"/> Sustained or Awkward Posture/ Limitation on Motion or Action		L M H

Job/task Number Two:

Job or Task Title: _____

Description: _____

Hazard	Comments	Degree of Risk (Circle one)
<input type="checkbox"/> Repetitive Motion		L M H
<input type="checkbox"/> Forceful Exertion		L M H
<input type="checkbox"/> Vibration		L M H
<input type="checkbox"/> Mechanical Compression		L M H
<input type="checkbox"/> Sustained or Awkward Posture/ Limitation on Motion or Action		L M H