

MSI Pillar 1: Early Intervention

Posted in: Musculoskeletal Injury Prevention Series (1-4)

- In business, we do performance reviews, business reviews, project reviews. They help us identify strengths and weaknesses and help us understand what we need to do to improve.
- Take minute to do a 4 Pillar Ergonomic Review.
- Each pillar is a founding principle of Musculoskeletal Injury (MSI) Prevention. Score yourself and try to figure out what you need to do this year to end it better than it started.
- The first pillar of preventing MSI is identifying and managing discomfort EARLY – before symptoms become constant.
- Take a second and score yourself on the scale at the bottom of the page.
 - If you have symptoms, do you know what do you need to do make them go away?
 - Do you want to end this year in less pain than you are in now?
 - Do you know what to do and who to contact? Within your company, start with your supervisor, HR, or a safety representative.
 - If you have had symptoms for a while, have you discussed it with your health care professionals? When do you plan to?
 - Have you ever put your hand up to see what resources your company will provide to help you?
- Take action to end this year better than you started. Use the scale below to take a baseline rating for where you are at, and set your goal for improvement.



ERGORISK This article was written by ErgoRisk

Symptoms occur DAILY AND discomfort is high to EXTREME		Symptoms occur at least 1/week AND/OR are 'moderate'				No symptoms, discomfort, or pain			
1	2	3	4	5	6	7	8	9	10