

Musculoskeletal Disorders (MSDs) Blitz

September 15 to November 15, 2010

Safe At Work Ontario
Enforcement > Compliance > Partnership >

Ministry of Labour

Musculoskeletal Disorders (MSD) Blitz

- MSD blitz is across all 4 Ministry of Labour programs (healthcare, industrial, construction and mining)
- Each program has a specific focus of attention
- All inspectors are participating in the blitz
- MOL ergonomists resource to inspectors
- Overall purpose of the blitz is:
 - ✓ to focus inspectors' attention on MSD hazards
 - ✓ to continue to communicate to workplace parties that the Ministry of Labour is actively enforcing the recognition and control of MSD hazards
 - ✓ to generate awareness that MSD hazards may be a contributing factor in acute injuries such as falls

Why focus on Musculoskeletal Disorder (MSD) Hazards?

- Primary MSD hazards include forceful exertions, awkward or sustained postures and repetition. Secondary MSD hazards include contact stress, cold, heat, vibration, work organization.
- Musculoskeletal disorders (MSDs) continue to be the number one (43%) type of workplace lost time injuries in Ontario.
- In 2008, MSDs accounted for:
 - 33,870 WSIB lost time MSD claims
 - a loss of more than 1.2 million working days; and
 - more than \$142 million in medical and Workplace Safety and Insurance Board (WSIB) costs.

Source: WSIB EIW (Enterprise Warehouse)

MSD Blitz Focus

- Industrial —————> Retail
- Healthcare —————> Hospitals
- Construction —————> Homebuilding
- Mining —————> Heavy Equipment/Stationary Workstations

Industrial Focus – Why Retail?

- 361,126 Full Time Equivalent workers
- Highest count of MSDs as compared to all other rate groups
- MSDs accounted:
 - 48% of all their lost time claims (provincial average - 43%)
 - 53% of days lost
 - 51% of lost time claim costs

Source: WSIB EIW (Enterprise Warehouse)

Retail – Blitz Focus

- Manual materials handling on ladders, mobile stairs, step stools and fixed ladders on rails
 - Task focus – climbing, receiving/placing objects, working while standing on ladder
- Manual “team lifting” of heavy objects
 - Training, no one person lifting
- Unnecessary manual materials handling due to obstructions
 - Aisles obstructed
- Use of work carts
 - Stacking, maintenance and transportation
- Cashier workstations
 - Training, workstation, scanning large oversize products

Healthcare – Why Hospitals?

- 195,861 Full Time Equivalent workers
- 2nd largest MSD claim count of all rate groups
- MSDs accounted:
 - 56% of all their lost time claims (provincial average - 43%)
 - 60% of days lost
 - 60% of lost time claim costs

Source: WSIB EIW (Enterprise Warehouse)

Hospital – Blitz Focus

- Engagement of the JHSC with respect to MSD hazards
 - Consultation on measures, procedures, training
 - Notice given to JHSC
 - JHSC inspecting for MSD hazards
- Patient lifting, transferring and repositioning
 - Written measures, procedures
 - Training on use of equipment
 - Maintenance of equipment
- Use of carts in support patient care and support services areas
 - Stacking
 - Maintenance
 - transportation
- Core laboratory workstation
 - Training on MSDs
 - Clearances at lab benches

Construction – Why Homebuilding?

- Homebuilding rate group (764) is the second largest construction rate group
- Homebuilding is within the top 20 of ALL rate groups in Ontario for MSD frequency rate
- Construction sector, MSDs accounted:
 - 44% of all their lost time claims (provincial average - 43%)
 - 45% of days lost
 - 34% of lost time claim costs

Construction – Blitz Focus

- Policy/procedures/training on prevention of MSDs
- Materials stored and moved
 - E.g. manual materials handling where mechanical devices are available – reasonable precautions exist
- Access to and egress from work above/below ground level
 - E.g. inappropriate ramp will increase physical demands of carrying material
- Route to and from work area clear of obstructions
 - E.g. climbing over obstacles/materials, avoiding obstructions
- Equipment maintained
 - E.g. broken equipment will increase physical demands
- No barrel, box shall be used as a work platform
 - E.g. platform needed to elevate worker do above shoulder level work

Mining

2008 Mining Sector:

- MSDs account for 34% of all LTIs
 - 34% of all their lost time claims (provincial average - 43%)
 - 34% of days lost
 - 30% of lost time claim costs

Source: WSIB EIW (Enterprise Warehouse)

Mining – Blitz Focus

Head Office – MSD program/policy, training **Field Inspection**

1. Access/egress into vehicles

- Steps
- Handrails/handholds
- Environment

2. Interior of vehicle cabs

- Head clearance
- Seat
- Components of cab interior
- Restricted view

3. Roadway conditions

4. Stationary operator workstations

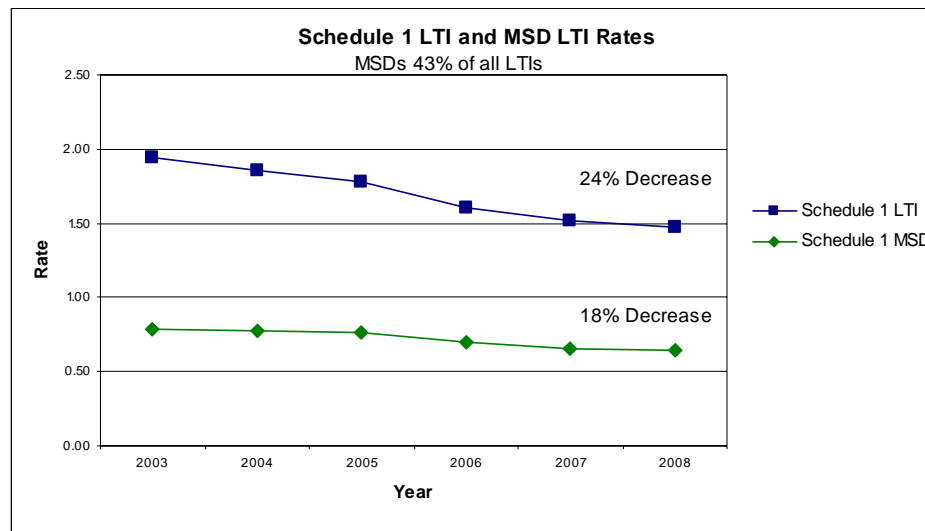
- Obstructions on walkways
- Seat
- Awkward posture

MSD Resources in Ontario's Health and Safety System

- **Ministry of Labour** Pains and Strains site includes general information on MSD hazards, the MSD Prevention Guideline for Ontario as well as an interactive tool focusing on increasing awareness of signs and symptoms of MSDs and recognition of MSD hazards in the workplace.
- <http://www.labour.gov.on.ca/english/hs/pubs/pains/index.php>
- **Health and Safety Associations**
- <http://healthandsafetyontario.ca>
- **Workers Health and Safety Centre**
- <http://www.whsc.on.ca>
- **Occupational Health Clinics for Ontario Workers**
- Healthcare Workers Patient Handling resource guide
- <http://www.ohcow.on.ca>

Reducing MSD Hazards Through Prevention and Enforcement

Thank you



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Note:

The material in this presentation is being provided as information only. Reference should always be made to the *Occupational Health and Safety Act* and the regulations to ascertain one's rights and duties under the law. It is the responsibility of all workplace parties to ensure compliance with the *OHSA* and the regulations and to seek independent legal advice where questions remain. We cannot provide legal advice, interpret the law or conduct research. For such assistance, we recommend contacting a lawyer.