

104 Preventing and Investigating Musculoskeletal Injury (MSI)



Instructional time – full day



Target Audience

- This course is ideal for joint (health and safety) committee members, worker health and safety representatives and corporate safety coordinators. This class may also be of interest to workers keen on gaining an understanding of MSI risk factors associated with their work.



Learning Outcomes

- Participants will:
 1. Know how to use the OHS Regulation and the WC Act to access health and safety requirements;
 2. Understand the basic causes of MSIs;
 3. Learn how to implement a Hazard Management System (hazard assessment, hazard identification and implement controls);
 4. Learn how to develop a safe work procedure based on a hazard assessment;
 5. Understand how to do an incident investigation;
 6. Learn how to produce a comprehensive incident investigation report;
 7. Understand the different types of inspections; and
 8. Learn how to produce a comprehensive inspection report.



Delivery Method

The Preventing and Investigating Musculoskeletal Injury (MSI) class is divided into three parts:

- Theory;
- Table top exercise; and
- Practical inspection.



Demonstration of Skills and Knowledge

- Perform a hazard management process on one job and develop a safe work procedure;
- Perform a mock incident investigation based on a MSI incident;
- Perform a formal site inspection, either all or part of the worksite, depending on the size of the site; and
- Complete a WorkSafeBC exam (75% passing grade required).



Topics

1. Use of WorkSafe OHS Regulation;
2. Ergonomic (MSI) requirements and the prevention process;
3. MSI risk identification and assessment;
4. MSI risk control and early treatment & intervention; and
5. Investigating incidents of MSI.