

Physiological Changes

Affected Sectors: All

Our bodies go through significant changes over time. Factors such as illness, pregnancy, aging, or variations in our fitness levels make us more susceptible to MSIs throughout our working career. Make ergonomic adjustments in anticipation of your workers' physiological needs in order to avoid injury.



Hazards

Contributing Factors

Posture

- Limited range of motion
- Location of materials

Duration

- Exposure to risks the longer people are at their job

Frequency

- Exposure to repetitive jobs
- Fatigue quicker

Forces

- May have decrease in strength and not be able to work with the same materials

TIP: Create a job function analysis (JFA) for every position in your organization. Review, assess and discuss with your employees regularly to identify any risks and put controls in place to avoid injury.

Possible Controls

Quick Wins

- Investigate incidents and promptly implement controls.
- Ask your employees to fill out a discomfort survey to help identify hidden MSI hazards.
- Add reflective tape to edges of stairs to help with depth perception.
- Consider installation of warning lights and/or noise alerts.

Long-Term Planning

- Establish an ergonomics program for your workplace to comprehensively identify, address, and fix your MSI hazards.