



Slide 1 - Slide 1

Injury Prevention Program



The Corporation of the City of Windsor
Injury Prevention Program



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Slide notes

Welcome to the corporation of the City of Windsor’s injury prevention program.

The objective of the Corporate Injury Prevention program is to bring awareness to the associated risks with both musculoskeletal disorders (MSDs) and slips, trips and falls.

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Injury Prevention Program



City of Windsor Injury Stats

- 20% of workplace injuries are caused by slips, trips and falls.
- 27% of the fatalities reported in industrial workplaces are the result of falls.
- Average WSIB cost for each City claim is \$98,000.
- Both the Occupational Health and Safety Act and the Canada Labour Code require employers to ensure safe working standards, including training, are in place to reduce workplace injuries.

Next

Slide notes

Musculoskeletal disorders, and injuries as a result of a slip, trip or fall still tend to be leading causes of injury to workers at the City.

These injuries are also common occurrences at your home, so, taking the same precautions at home, is just as important.

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Injury Prevention Program

THE CITY OF
WINDSOR
ONTARIO, CANADA

Topics to Be Covered

Musculoskeletal Disorders (MSD) Prevention Program

- What are MSDs
- Types of Injuries
- MSD Hazards
- Signs & Symptoms
- What Can You Do?

Slips, Trips and Falls Prevention Program

- Slips, Trips and Falls
- What Can You Do?

Next

Slide notes


This training module is designed to assist participants to become familiar with what an MSD is, and the associated hazards.

In addition, we will explore MSD signs, symptoms, and possible solutions for musculoskeletal disorders.

Also covered in this training session is a review of slip, trip and fall hazards commonly experienced in the workplace and at home, with the goal to familiarize employees with the associated risk factors, to help prevent injuries.

Slide 4 - Main_Menu

Injury Prevention Program



Main Menu

Click each topic to complete this training

- ✓ Musculoskeletal Disorders (MSD)
- ✓ Slips, Trips and Falls
- Final Exam



Slide notes

Slide 5 - Musculoskeletal_Disorders_(MSD)

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Module 1

Musculoskeletal Disorders (MSD)


Next

Slide notes

Module 1: Musculoskeletal Disorders (MSD)

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What Are Musculoskeletal Disorders (MSDs)

What are Musculoskeletal Disorders (MSDs)?

- Injuries and disorders of the musculoskeletal system that may be caused or aggravated by various hazards or risk factors in the workplace, but do not include musculoskeletal injuries or disorders that are the direct result of a fall, struck by or against, caught in or on, vehicle collision, violence, etc. (as defined in the MSD Prevention Guideline for Ontario)

Next

Slide notes

Musculoskeletal Disorders or MSDs, may be caused or aggravated by various hazards, or risk factors in all sectors and occupations.

When we talk about MSDs, we are not referring to injuries that are the direct result of a fall, struck by, or against, caught in or on, vehicle collision or violence, but rather an injury and disorder of the musculoskeletal system.

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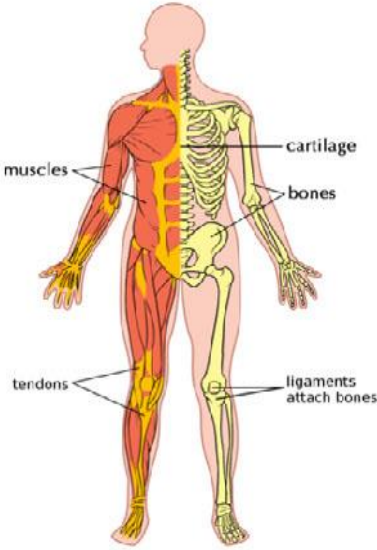
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What Are Musculoskeletal Disorders (MSDs)

The musculoskeletal system includes:

- Muscles
- Tendons
- Nerves
- Blood vessels
- Joints / spinal discs
- Ligaments



Next

Slide notes

The musculoskeletal system refers to the muscles, tendons, which are tissues that connect muscle to bone, nerves, blood vessels, joints/spinal discs, and ligaments in your body.

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Injury Prevention Program

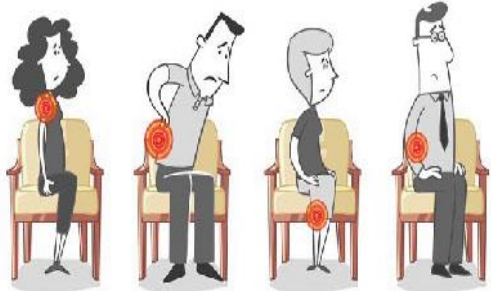
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MSDs Can Occur:

MSD's can occur:

- Back
- Shoulders
- Neck
- Elbows
- Hands and wrists
- Hips
- Knees
- Legs
- Feet

+ Waiting Room



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Slide notes

MSD's can occur in the back, shoulders, neck, elbows, hands and wrists and have also been reported in the hips, knees, legs and feet.

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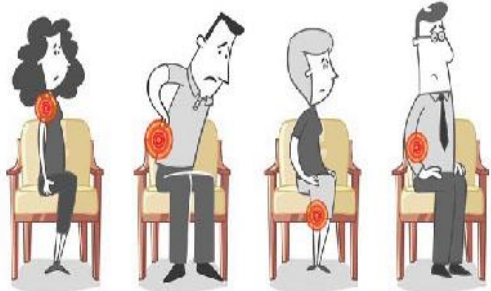
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Common MSDs Include:

Examples include:

- Degenerative Disc Disease
- Carpal Tunnel Syndrome
- Epicondylitis
- Muscle Strain
- Tension Neck Syndrome
- Tendonitis
- Ligament Sprain

Waiting Room




Next

Slide notes

Some common examples of reported MSDs include: degenerative disc disease, carpal tunnel syndrome, epicondylitis, muscle strain, tension neck syndrome, tendonitis, and ligament sprain.

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Signs & Symptoms

While signs of MSDs may be observed, the symptoms may not be seen

- They may include:
 - Aches and pains with or without movement
 - Swelling and tenderness
 - Reduced range of motion and/or stiffness, and tingling and/or numbness

Next

Slide notes

While signs of MSDs may be observed, the symptoms may not be seen.

They may include.

Aches and pains with or without movement.

Swelling, and tenderness.

And, reduced range of motion and/or stiffness, tingling, numbness.

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MSD Hazards

MSD hazards:

1. Force
2. Fixed or awkward posture
3. Repetition
4. Contact stress
5. Vibration
6. Temperature
7. Work organization & methods

Next

Slide notes

As a first step in trying to prevent musculoskeletal disorders, it is important to know and understand what MSD hazards are, so that you can recognize them in the workplace and at home.

Primary MSD hazards include: Force, Fixed or awkward posture and Repetition.

Other MSD hazards and factors that should be considered include: contact stress, Vibration, Temperature, Work organization, and Work methods.

Let's take a look at these in more depth. As the module continues, the hazards can be referred to by name and number.

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1. Force

The amount of effort exerted by your muscles while performing duties/activities such as:

- Lifting
- Lowering
- Carrying
- Pushing or pulling
- Gripping or manipulating



Next

Slide notes

Force, refers to the amount of effort exerted by your muscles, while performing duties and activities, such as.

Lifting. lowering. And carrying. Pushing or pulling. gripping, or manipulating objects.

To reduce your risk of injury from wear and tear over time, it is suggested to start working smart now, to hopefully protect you from feeling pain and discomfort later. For example, back pain is a common injury and can be related to deteriorating discs in the spine. After an initial strain, the back is more prone to injury. One major way to prevent back injury is by practicing safe lifting techniques.

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What Can You Do?

Force

Prior to lifting an object:

- Check for sharp edges
- Check for slippery surfaces or moisture
- Test an objects weight prior to lifting it
- Plan the lift
- Ensure there is enough room to lift properly



Next

Slide notes

What can you do prior to lifting an object.

Check for sharp edges.

Check for slippery surfaces, or moisture.

Test an objects weight prior to lifting it.

Plan the lift.

And, ensure there is enough room to lift properly.

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What Can You Do?

Force

Practice Safe Lifting Techniques:

1. Feet shoulder-width apart, knees bent, back straight
2. Get a good grip
3. Lift smoothly and slowly using the big muscles in your legs
4. Hold the object close to your body
5. Don't twist your back to turn, pivot with your feet



Next

Slide notes

During the lift, be aware of your posture, and practice safe lifting techniques.

1. Feet shoulder width apart. Knees bent, and your back straight.
2. Get a good grip.
3. Lift smoothly, and slowly, using the big muscles in your legs.
4. Hold the object close to your body.

And 5. Don't twist your back to turn. Pivot with your feet.

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Lift Assist Considerations

Force



Tire Assist bar to reduce manual lifting



Use a cart/dolly



Work as a team

Next

Slide notes

What else can you do to reduce your risk of injury from wear and tear over time?

Use a pallet jack or other device to reduce manual lifting. When possible, use a dolly or cart for transporting loads to reduce carrying. Work as a TEAM, and help each other to lift large sized or heavy materials when a cart, or hoist is not available. Keep floors clear of obstacles to minimize trip hazards, and to make use of wheeled carts and equipment easier.

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2. Fixed or Awkward Postures

Fixed or Awkward Postures

- Any fixed or constrained body position that overloads muscles, tendons or joints.



Next

Slide notes

A second primary MSD risk factor is, fixed or awkward postures.

This is defined as a fixed, or constrained body position, that can overload the muscles, tendons or joints.

Generally, the more a joint deviates from the neutral position, the more the posture is considered to be “awkward” and the greater the risk of injury.

To prevent risk of injury associated with fixed or awkward postures, whether you are at home, at work, or driving, be aware of your postures. If you are in an awkward position for too long, if possible change position or walk around to keep the muscles warm and moving.

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Recommended Strategies

Fixed or Awkward Postures

Recommended Strategies:

- Optimize posture when working at the computer
- Set the monitor height so your neck will be straight
- Keep elbow joints at about 90 degrees, arms hanging naturally at the sides
- Keep your hands in line with the forearms, so wrists are straight
- Sit with thighs roughly parallel to the floor, with your feet flat on the floor or footrest.



Next

Slide notes

Recommended strategies that you can implement to reduce your risk of injury include:

Optimize your postures when working at the computer:

Check to see if your monitor is at a height so that your neck will be straight.

Are your elbow joints at about 90 degrees?

Are your hands in line with the forearms, so the wrists are straight?

Check to see if your thighs are roughly parallel to the floor, with your feet flat on the floor or footrest.

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Recommended Strategies

Fixed or Awkward Postures

Recommended Strategies:

- Adjust the seat height, backrest height, seat pan tilt and armrests of your chair to optimize proper postures and promote low back support.
- Avoid cradling the telephone frequently between your shoulder and ear.
- Use a document holder (as needed) to hold source documents at the same height, angle and distance as the monitor.



Next

Slide notes

Adjust the seat height, backrest height, seat pan tilt, and armrests of your chair, to optimize proper postures, and promote low back support.

Avoid cradling the telephone frequently between your shoulder and ear.

And use a document holder if you are referencing paperwork frequently throughout the day.

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Reaching Tasks


Fixed or Awkward Postures

Usually affects:

- Shoulders
- Low back
- Arms
- Hands

What Can You Do

- Use a ladder or step stool
- Prop up your task off the floor
- Use raised surface or cart
- Move lift or ladder close to work task
- Adjust your feet instead of bending or reaching
- Communicate



Next

Slide notes

A second preventative strategy includes being aware of your movements when completing reaching tasks.

Reaching involves your shoulders, low back, arms, and hands. Working outside of the reaching comfort zone can make us have to work harder than if the task were closer and involved less reaching.

For example, when we reach with our elbows fully extended and hands away from our body, we are at risk for straining our shoulders and low back. It also makes it harder to grip tools, especially when reaching with the wrist bent.

What Can you Do?

Use a ladder or step stool to get as close to the task as possible.

Prop up your tasks off of the floor by using a raised surface or cart to prep materials near waist height.

Move the lift or ladder close to the work tasks.

Where possible, adjust by moving your feet instead of bending or reaching.

Communicate. Talk to your co-worker and give them feedback about their work position to help keep reaches close to the body.

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Implement Safe Driving Practices

Fixed or Awkward Postures

- Adjust your seat to approximately 110 degrees
- Adjust your seat to ensure you can comfortably reach the pedals
- Adjust your mirrors to ensure as little neck movement as possible
- Adjust the steering wheel to ease stresses on your arms, neck and shoulders



Next

Slide notes

Implementing safe driving practices can assist in preventing injuries.

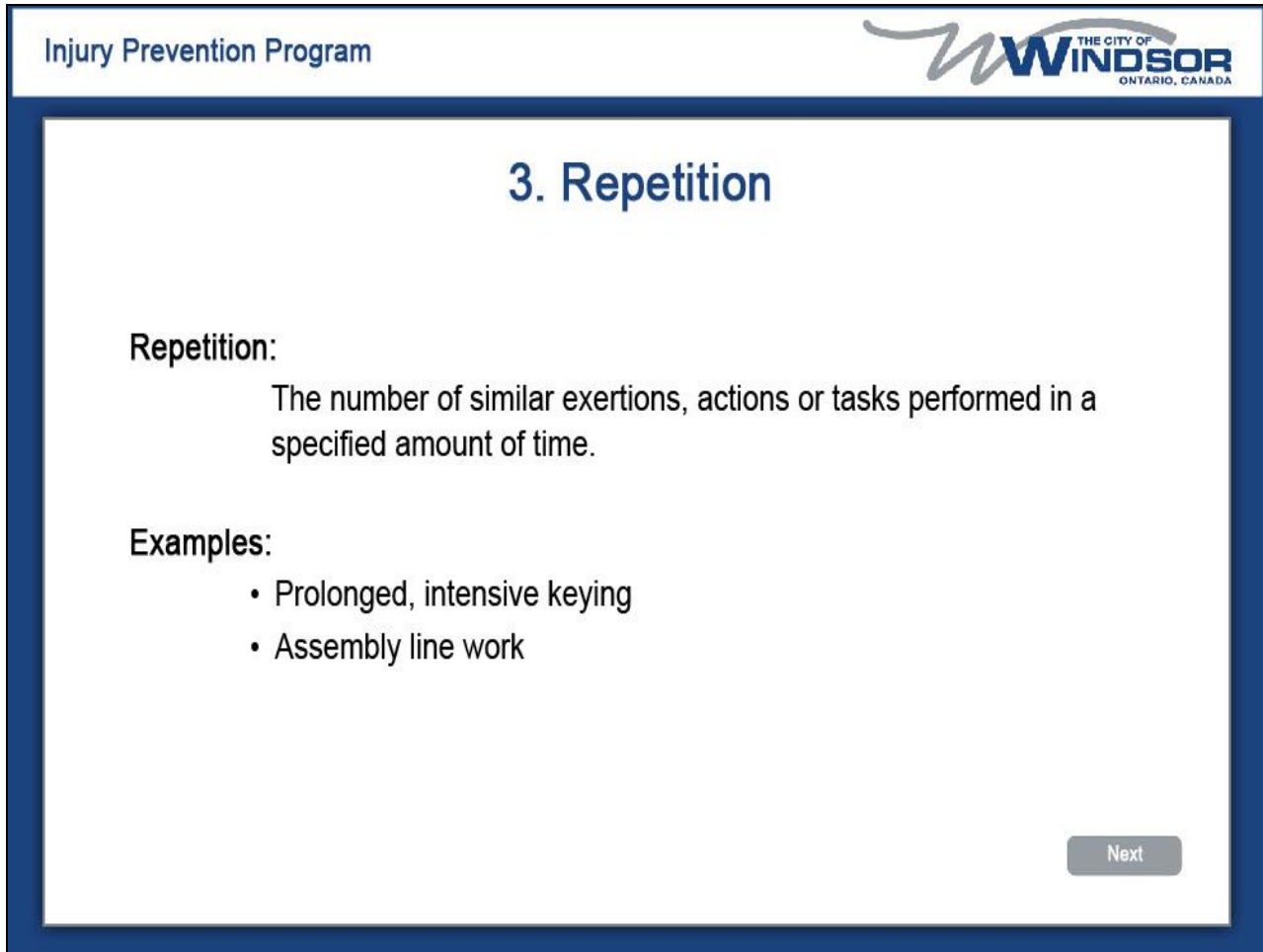
Adjust your seat to approximately 110 degrees.

Adjust your seat to ensure you can comfortably reach the pedals.

Adjust your mirrors to ensure as little neck movement as possible.

Adjust the steering wheel to ease stresses on your arms, neck and shoulders.

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The slide is titled "Injury Prevention Program" and "3. Repetition". It includes a definition of repetition, examples, and a "Next" button.

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3. Repetition

Repetition:
The number of similar exertions, actions or tasks performed in a specified amount of time.

Examples:

- Prolonged, intensive keying
- Assembly line work

Next

Slide notes

Repetition is a third primary risk factor, which can be defined as the number of similar exertions, actions, or tasks, performed in a specified amount of time. Examples include prolonged, intensive keying, or assembly line work.

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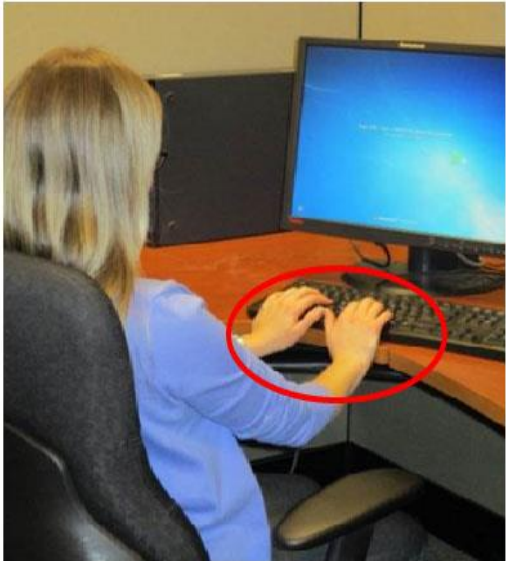
4. Contact Stress

Contact Stress

- Happens when contact between a body part (e.g., elbow, wrist) and a hard or sharp object puts pressure on the skin and the underlying tissues

Example:

- Resting your wrist on the sharp edge of a desk



Next

Slide notes


Other MSD hazards or risk factors that can cause or aggravate MSDs include: Contact stress.

Contact stress happens when there is contact between a body part and a hard or sharp object in which pressure is put on the skin and the underlying tissues.

Resting your wrist on the sharp edge of a desk is an example of contact stress.

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Injury Prevention Program



5. Vibration

Vibration:

- Local or hand/arm vibration limited to a small area
 - (i.e. from using pneumatic hand tools)
- Whole body vibration is transmitted to your entire body
 - (i.e. riding a grass cutting mower)

Next

Slide notes


Other MSD hazards or risk factors that can cause or aggravate MSDs include: Vibration.

Local, or hand/arm vibration limited to a small area. For example using pneumatic hand tools.

Whole body vibration is transmitted to your entire body. For example riding a grass cutting mower.

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Injury Prevention Program



Reducing Risk Associated With Vibration

Vibration

1. Minimize Force	2. Minimize Vibration	3. Maintain tools
<ul style="list-style-type: none">• Choose tools that do the job easier• Let tool do the work• Maintain a firm grip	<ul style="list-style-type: none">• Choose low vibraton equipment• Wear personal protective equipment• Alternate tasks	<ul style="list-style-type: none">• Change blades before dull• Wipe and oil blades and joints

Next


Slide notes

Three guidelines for reducing risk associated with vibration include:

1. Minimize the force by choosing tools that will do the job easier. Let the tool do the work for you, and maintain a firm grip, but not too tight.
2. Minimize Vibration. Choose equipment with low vibration levels when able, wear personal protective equipment, such as dampening gloves, or wrapping the handles, and reduce time using the tool by alternating tasks.
3. Maintain Tools – by changing the blades before they become too dull, or wiping and oiling blades and joints to prevent rusting.

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6. Temperature

Temperature Affect on Muscles

- **Cold Temperatures**
 - Limit how well your muscles can work and can lead to a decrease in sense of touch and blood circulation, and the flexibility of muscles and tendons may be reduced
- **Hot Environments:**
 - puts more strain on your entire body by increasing body temperature and dehydration

Next

Slide notes

Temperature can also have an affect on how your muscles work.


Cold Temperatures can decrease a sense of touch, decrease blood circulation, and reduce the flexibility of muscles and tendons.

Hot Environments can put more strain on your entire body, by increasing body temperature and dehydration.

To minimize risk, ensure you wear proper clothing. Alternate between periods of cold and warm work, and take rest breaks. Be familiar with signs and symptoms of temperature related illnesses. Stay well hydrated.

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Injury Prevention Program



7. Work Organization and Methods

1. Participate in recommended training
2. Report possible MSD hazards, concerns and/or symptoms to your supervisor immediately
3. Use scheduled breaks as an opportunity to get up from your work station and move around
4. Use the equipment and tools provided, along with proper working techniques, to reduce exposure to MSD hazards. Ask for help as needed (Ergonomist & Wellness Specialist)
5. Know how to make adjustments to your work station to suit you and the work you do

Next

Slide notes

So what can you do?

Participate in recommended training.

Report possible MSD hazards, concerns and/or symptoms, to your supervisor immediately.

Use scheduled breaks, as an opportunity to get up from your work station, and move around.

Use the equipment, and tools provided, along with proper working techniques, to reduce exposure to MSD hazards. Ask for help as needed from the Ergonomist & Wellness Specialist.

And lastly, know how to make adjustments to your work station, to suit you and the work you do.

Participate in recommended training.

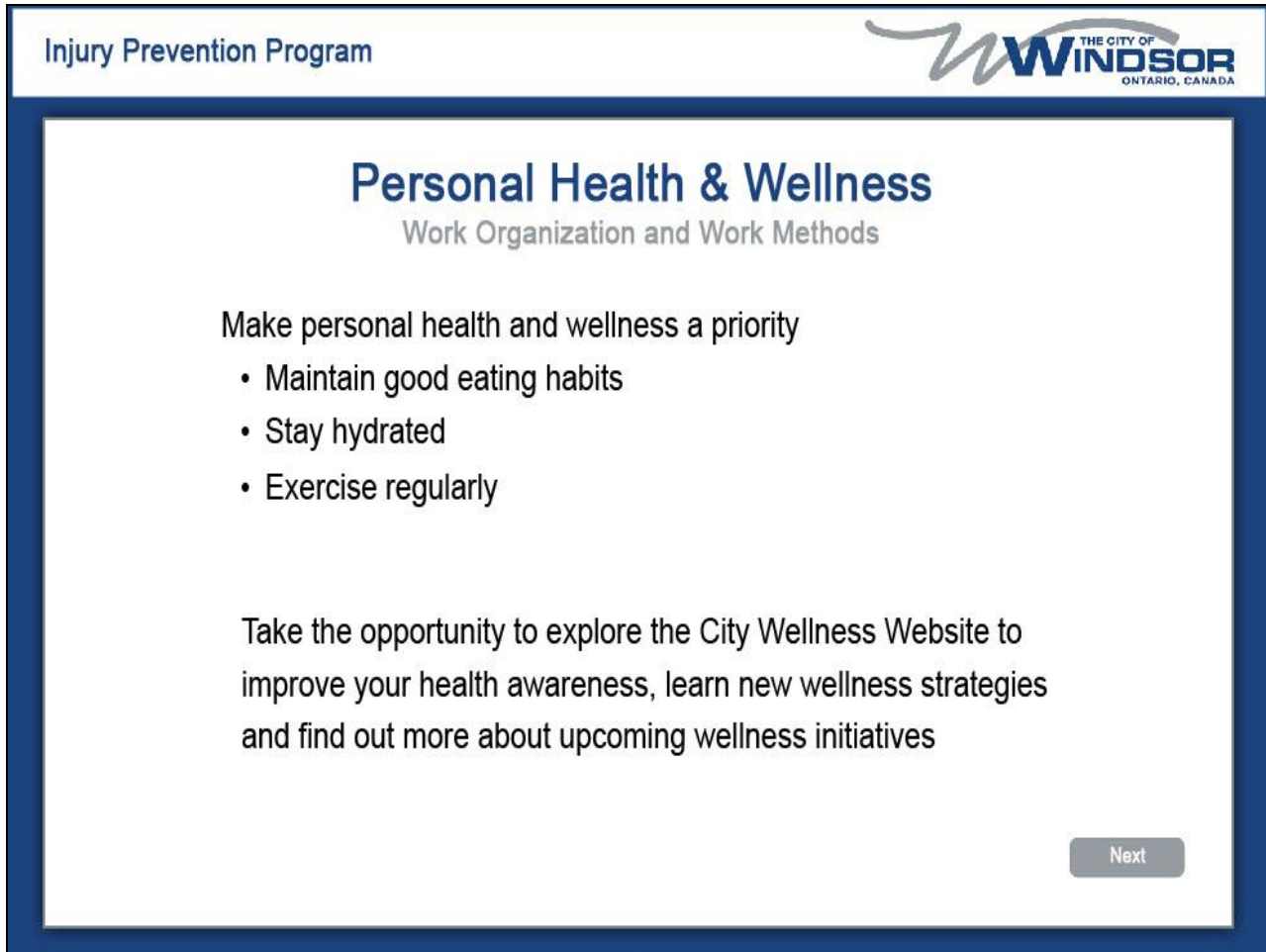
Report possible MSD hazards, concerns and/or symptoms, to your supervisor immediately.

Use scheduled breaks, as an opportunity to get up from your work station, and move around.

Use the equipment, and tools provided, along with proper working techniques, to reduce exposure to MSD hazards. Ask for help as needed from the Ergonomist & Wellness Specialist.

And lastly, know how to make adjustments to your work station to suit you, and the work you do.

Slide 27 - Slide 27

The slide is titled "Personal Health & Wellness" and is part of the "Injury Prevention Program". It features the City of Windsor logo in the top right corner. The main content is centered and includes a list of three bullet points: "Maintain good eating habits", "Stay hydrated", and "Exercise regularly". Below the list is a paragraph encouraging users to explore the City Wellness Website. A "Next" button is located in the bottom right corner of the slide content area.

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Personal Health & Wellness

Work Organization and Work Methods

Make personal health and wellness a priority

- Maintain good eating habits
- Stay hydrated
- Exercise regularly

Take the opportunity to explore the City Wellness Website to improve your health awareness, learn new wellness strategies and find out more about upcoming wellness initiatives

Next

Slide notes


Make personal health and wellness a priority.

Maintain good eating habits. Stay hydrated. And, exercise regularly.

A good place to start, is to take the opportunity to explore the City Wellness Website to improve your health awareness, learn new wellness strategies, and find out more about upcoming wellness initiatives at work.

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Injury Prevention Program



Personal Health & Wellness

www.citywellness.ca

City Wellness

About Us
Program Overview
Wellness Committees
Wellness Hubs


Wellness Highlights
The Corporation of the City of Windsor Awards
Health Screening Event
The Corporation of the City of Windsor - Caesars Windsor Partnership Initiatives

More —

Healthy Living

Wellness Links
Find A Doctor
Addiction Services
Nutrition Links

More —



Bike Friendly Resources

City of Windsor Wellness

Welcome to the Corporation of the City of Windsor's employee wellness website! This site has been designed to help improve the overall health and well-being of our employees, retirees, and their family members.

Please enjoy exploring this website, improving your health awareness, learning new skills, and finding out how to become involved with the Wellness program!


Next

Slide notes

Visit: www.citywellness.ca

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Injury Prevention Program



Congratulations!

You have successfully completed this lesson.

Next

Slide notes

Congratulations!

You have successfully completed this lesson.

Click next to continue.

Slide 30 - Slips_Trips_and_Falls

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Module 2

Slips, Trips and Falls

Next


Slide notes

Module 2: Slips, Trips, and Falls.

Slips, trips, and falls remain a leading cause of workplace incidents/accidents. Each and every year in Canada, there are about 60,000 people that are injured in workplace falls. Falls can result in a variety of injuries including bruises, cuts, muscle strains, and sprains, broken bones, concussions, and even death.

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Injury Prevention Program



Slips & Trips

Slips

- Sudden or involuntary slide on a walking surface
- May be caused by wet or oily surfaces, spills, and weather conditions

Trips

- Causes you to stagger or stumble before catching your balance

Next

Slide notes


A slip is a sudden, or involuntary slide on a walking surface.

This may be caused by wet, or oily surfaces, spills, and weather conditions, to name a few.

A trip on the other hand, causes you to stagger, or stumble before catching your balance.

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Injury Prevention Program



Falls

Falls

- Is an act or instance of dropping from a higher to a lower place or position
- Report slips, trips and/or falls to your Supervisor immediately
- An Accident/Incident report will be completed to determine the cause(s) of the incident and review and identify any deficiencies that must be corrected

Next

Slide notes


A fall is an act, or instance, of dropping from a higher to a lower place, or position.

Report slips, trips and/or falls to your Supervisor immediately.

An Accident Incident report, will be completed to determine the cause, or causes of the incident, and review, and identify, any deficiencies that must be corrected

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Injury Prevention Program



Congratulations!

You have successfully completed this lesson.

Next

Slide notes

Congratulations!

You have successfully completed this lesson.

Click next to continue.

Slide 34 - Slide 34

The slide features a blue header bar with the text 'Injury Prevention Program' on the left and the City of Windsor logo on the right. The logo includes a stylized 'W' and the text 'THE CITY OF WINDSOR ONTARIO, CANADA'. The main content area is white with a blue border and contains the following text:

Check Your Understanding

Let's stop for a moment and check your understanding of this information

Next

Slide notes

Let's pause for a moment and check your understanding of the information just presented.

Click next, when you are ready to answer a few questions about this material.

Slide 35 - Final_Exam

The slide is titled "Injury Prevention Program" in the top left corner. In the top right corner is the logo for "THE CITY OF WINDSOR ONTARIO, CANADA". The main content of the slide is centered and reads "Final Exam" in a large blue font, followed by "75% accuracy required for course completion" in a smaller black font. A "Next" button is located in the bottom right corner of the slide frame.


Slide notes

Now that you have completed all the lessons of this course, it's time to make sure you have a good understanding of this material.

Course completion will require a score of 75 percent or greater.

Click next, when you're ready to begin.

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Injury Prevention Program 

Question 1 of 10

MSDs refer to injuries that are the direct result of a fall, struck by or against, caught in or on, vehicle collision or violence.

A) True
 B) False

Correct!
OK

You must answer the question before continuing.

Musculoskeletal Disorders or MSDs, may be caused or aggravated by various hazards, or risk factors in all sectors and occupations.
OK

Submit

Slide notes

MSDs refer to injuries that are the direct result of a fall, struck by, or against, caught in, or on, vehicle collision, or violence.

Is this true. Or false.

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Question 2 of 10

While different body parts can be affected by these musculoskeletal disorders, the signs and symptoms of MSDs are similar no matter where they occur. They generally include:

- A) pain with or without movement which can be a warning signal that muscles are tired or they have been held in one position for too long
- B) swelling and tenderness in a particular area
- C) reduced range of motion and/or stiffness, and
- D) tingling and/or numbness related to nerve-related injuries or disorders
- E) all of the above

Correct!

OK

You must answer the question before continuing.

MSDs generally include pain with or without movement, swelling and tenderness, reduced range of motion and tingling and/or numbness related to nerve injuries or disorders.

OK

Submit

Slide notes

While different body parts can be affected by these musculoskeletal disorders, the signs and symptoms of MSDs are similar, no matter where they occur. They generally include:


pain with, or without movement, which can be a warning signal that muscles are tired, or they have been held in one position for too long.

swelling and tenderness in a particular area

tingling and/or numbness related to nerve-related injuries or disorders.

or, all of the above.

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Injury Prevention Program 

Question 3 of 10

Secondary MSD hazards and factors that should be considered include: contact stress, vibration, temperature, work organization, and work methods

A) True
 B) False

Correct!
OK

You must answer the question before continuing.

Secondary MSD hazards and factors include contact stress, vibration, temperature, work organization and work methods.
OK


Submit

Slide notes

Secondary MSD hazards and factors that should be considered include: contact stress, vibration, temperature, work organization, and work methods

Is this statement true. or False.

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Injury Prevention Program 

Question 4 of 10

Cradling the telephone between your shoulder and ear is what type of hazard?

- A) Force
- B) Awkward posture
- C) Repetition

Correct!

OK

You must answer the question before continuing.

Avoid cradling the telephone frequently between your shoulder and ear as it is an awkward posture.

OK

Submit

Slide notes


Cradling the telephone between your shoulder and ear, is what type of hazard.

Force.

Awkward posture.

Or repetition

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Injury Prevention Program 

Question 5 of 10

Poor posture has no affect on MSD injuries:

A) True
 B) False

Correct!
OK

You must answer the question before continuing.

Incorrect
Poor posture has a direct affect on MSD injuries.
OK


Submit

Slide notes

Poor posture has no affect on MSD injuries:

Is this statement true, or false.

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Injury Prevention Program 

Question 6 of 10

The proper lifting procedure is to lift with your back bent and your knees straight.

A) True
 B) False

Correct!
OK

You must answer the question before continuing.

The proper lifting procedure involves having your feet shoulder-width apart, knees bent, back straight. Get a good grip. Lift smoothly and slowly using the big muscles in your legs. Hold the object close to your body. Don't twist your back to turn, pivot with your feet.

OK


Submit

Slide notes

The proper lifting procedure is to lift with your back bent, and your knees straight.

True. Or false.

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Injury Prevention Program 

Question 7 of 10

It is best to avoid twisting your back when carrying or lifting a heavy load.

A) True
 B) False

Correct!
OK

You must answer the question before continuing.

When carrying or lifting a heavy load NEVER twist your back to turn. Always pivot with your feet.
OK

Submit

Slide notes

It is best to avoid twisting your back when carrying or lifting a heavy load.

True. Or false.

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ONTARIO, CANADA

Question 8 of 10

People can be exposed to MSD hazards. The hazards may become a problem if:

- A) the level of the hazard is too high
- B) the frequency of the exposure to the hazard is too high
- C) the length of exposure to the hazard is too long
- D) all of the above

Correct!

OK

You must answer the question before continuing.

Hazards may become a problem if the level of the hazard is too high; the frequency of the exposure to the hazard is too high and the length of exposure to the hazard is too long.

OK

Submit

Slide notes

People can be exposed to MSD hazards. The hazards may become a problem if:

the level of the hazard is too high.

the frequency of the exposure to the hazard is too high.

the length of exposure to the hazard is too long.

Or, all of the above .

Slide 44 - Slide 44

Injury Prevention Program

THE CITY OF WINDSOR
ONTARIO, CANADA

Question 9 of 10

What can you do to prevent MSD injuries?

- A) Report signs and symptoms of MSDs as soon as possible to your supervisor
- B) Take scheduled breaks and take opportunities to move around and occasionally change positions throughout the work day
- C) Use the equipment and tools provided to reduce exposure to MSD hazards
- D) Know how to make adjustments to your workstation to suit you and the work you do and ask for help as needed
- E) Use proper working techniques
- F) All of the above

You must answer the question before continuing.

To prevent MSD injuries report signs and symptoms to your supervisor, take scheduled breaks, use equipment and tools provided to reduce exposure, make adjustments to your workstation to suit you and your work, and use proper working techniques.

OK

Submit

Slide notes

What can you do to prevent MSD injuries?

Report signs, and symptoms of MSDs as soon as possible to your supervisor.

Take scheduled breaks, and take opportunities to move around, and occasionally change positions throughout the work day.

Use the equipment, and tools provided to reduce exposure to MSD hazards.

Know how to make adjustments to your workstation to suit you, and the work you do and ask for help as needed.

Use proper working techniques

Or, all of the above.

Slide 45 - Slide 45

Injury Prevention Program

THE CITY OF WINDSOR
ONTARIO, CANADA

Question 10 of 10

Best practice strategies to incorporate into your daily routine to prevent slip, trip and falls include:

- A) Familiarize yourself with your work environment
- B) Maintain good housekeeping by cleaning up spills and/or marking spills or wet areas immediately and keep walkways free of clutter
- C) Be aware of surroundings and report hazards. For example report a hazard if you see mats, rugs and/or carpets not secure
- D) Select your footwear appropriate for the weather and job/task to be completed
- E) Work at an appropriate pace - Adjust your stride to the task
- F) All of the above

You must answer the question before continuing.

environment, maintain good housekeeping by cleaning up spills and wet areas, be aware of your surroundings and report hazards, select proper footwear for the weather, jobs and tasks, and work at an appropriate pace.

OK

Submit

Slide notes

Best practice strategies, to incorporate into your daily routine, to prevent slip, trip, and falls include:

Familiarize yourself with your work environment.

Maintain good housekeeping by cleaning up spills and/or marking spills or wet areas immediately, and keep walkways free of clutter.

Be aware of surroundings, and report hazards. For example, report a hazard if you see mats, rugs, and/or carpets not secure.


Select your footwear appropriate for the weather, and job/task to be completed.

Work at an appropriate pace - Adjust your stride to the task

Or, all of the above.

Slide 46 - Slide 46

Injury Prevention Program



Test Results

Correct Questions: {correct-questions}

Total Questions: {total-questions}

Accuracy: {percent}

Attempts: {total-attempts}

Review Area

Retake Quiz

Exit

Slide notes

Slide 47 - Slide 47

The slide content is enclosed in a blue border. At the top left, it says "Injury Prevention Program". At the top right is the logo for "THE CITY OF WINDSOR ONTARIO, CANADA". The main text in the center reads "Congratulations!" followed by "You have successfully completed this course on Injury Prevention!". In the bottom right corner, there is a grey button labeled "Exit".

Slide notes

Congratulations!

You have now completed the injury prevention program. Click exit to end the course.