



NEWS RELEASE

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WORKSAFE NB LAUNCHES MSI VIDEO

When people think of workplace injuries, most people would think they involve heavy equipment, tools, machinery and working from heights. “Not so,” said Angela Acott-Smith, assistant regional director of WorkSafeNB’s northwest region. “Musculoskeletal injuries (MSIs) account for almost 40% of all workplace injuries in New Brunswick. Every workplace, from a construction company to an office to a supermarket, can be affected by MSIs. Whether you work on a production line or grade lumber, you can be at risk,” Acott-Smith said.

Acott-Smith describes a musculoskeletal injury as “an injury or disorder of the muscles, tendons, ligaments, joints, nerves, blood vessels or related soft tissue including sprains, strain and inflammation. They are caused by forceful exertion (lifting, carrying, pushing or pulling), repetition, and awkward or static posture.”

To raise awareness of the risk factors associated with MSIs, WorkSafeNB developed and has just released an MSI video, an important component of its MSI-reduction strategy. “This will be a useful tool to help workplaces identify MSIs and take steps to eliminate the risks. Everyone has a role to play in identifying these risk factors and suggesting ways to reduce them to maintain healthy and safe workplaces,” she said.

The video features two New Brunswick companies and their efforts at reducing MSIs. Copies of the video are available from regional WorkSafeNB offices, and ergonomic consultants are available to help workplaces implement their own MSI reduction strategy. For more information, contact Angela Acott-Smith at 1 800 222-9775 or by email at angela.acott-smith@ws-ts.nb.ca.

ABOUT WORKSAFE NB

WorkSafeNB administers no-fault workplace accident and disability insurance for employers and their workers, funded solely through employer assessments. WorkSafeNB is committed to preventing workplace injuries and illness through education and the enforcement of the *Occupational Health and Safety Act*.