



CAPSC
Safety
Services
CANADA

Evolution of Ergonomics – Survival of the Fittest...

Soft Tissue Injury (STI)/Musculoskeletal Injury (MSI) Prevention Week
September 27 - October 3, 2009

Did you know one in 10 Canadians will suffer a musculoskeletal injury this year?

That is why we believe preventing these types of injuries – also known as STIs or MSIs – is one of our country's top priorities. And we are proud to offer prevention pointers and tips throughout this year's STI/MSI Prevention Week, appropriately themed Evolution of Ergonomics: Survival of the Fittest...

Ergonomics itself is nothing new. As a workplace topic it has evolved from a word rarely spoken and seldom understood to a much more common topic of discussion.

We still have a long way to go and injuries still occur at a much too frequent rate, but we have reached a pivotal time in the evolution of ergonomics and the fittest truly will survive.

Where ergonomics is concerned, survival means enjoying a healthy productive workplace where STIs/MSIs are things of the past. And together, we can accomplish that by promoting and fostering knowledge, the safety culture, health, wellbeing and awareness.

Workplaces must evolve knowledge around soft tissue/musculoskeletal issues, always striving to know more about terminology, regulatory changes, industry standards and best practices. We must all evolve our safety culture – getting leadership to buy-in and gaining commitment from all members of a workplace in an attempt to prevent injuries before they occur. We must evolve our health and wellbeing and work smarter, eat healthier and exercise more to better prepare our musculoskeletal systems to work more efficiently. And finally, we must evolve our awareness of our working environments so we know how to avoid risky situations and hazardous positions and movements.

Throughout this STI/MSI Prevention Week, Safety Services Canada will offer suggestions and tips to help all of our provinces' workplaces reduce and ideally eliminate these kinds of injuries.

Together, we can make this evolution a revolution!



TOPIC 1 OF 5 – INTRODUCTION