



# Evolution of Ergonomics – Survival of the Fittest...

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

**Evolution teaches us that the strongest and smartest people survive. We also know knowledge is power. It makes us smarter at work and ensures we go home safely at the end of our day.**

We still have much to learn about musculoskeletal injury prevention, but can start by educating ourselves on the framework and terminology.

For years we have referred to Soft Tissue Injury Prevention, but soon we will hear only of Musculoskeletal Injury Prevention.

So what does this mean?

Though the name has changed, the meaning and intent remain the same – as part of our ergonomics evolution, we are simply introducing a new language into our dialogue and ensuring we are all speaking on the same terms.

The next step in broadening our knowledge base is to understand how we are legislatively required to protect our workers. Federally, the Canada Labour Code Part II addresses the need for sound ergonomics practices. But differences in provincial legislations and a lack of clarity led many employers to neglect ergonomics – but this practice must stop.

Recent clarifications to legislation require that workplaces take care of their employees' ergonomics wellbeing and encourages employers, supervisors and workers to work together to prevent musculoskeletal injuries.

That said, legislation provides the minimum standard – not the best practice. If we want to improve lost time rates incurred because of musculoskeletal injuries, we must move to an industry best practice model like the current Canadian Standards Association (CSA) office ergonomics standard (Z412).

CSA is also developing an ergonomics standard for general workplaces, while many other international ergonomics standards already exist.

Together, we can make this evolution a revolution!

