

# Musculoskeletal Injuries

... a major cause of injuries for Nova Scotia workers in 2016

Musculoskeletal injuries (MSIs) affect muscles, tendons, joints, ligaments, bones, nerves and blood vessels. They are caused by certain work tasks that takes place excessive strain on our bodies.

**64.5%** of time-loss claims in 2016 were MSIs

**3,715**

Nova Scotians required time off work

Most common parts of the body injured

**12%** Shoulders

**10%** Multiple body parts

**10%** Legs

**5%** Ankles



**40%** Backs

## Primary contributing factors for musculoskeletal injuries:

- Force • Frequency • Posture • Duration

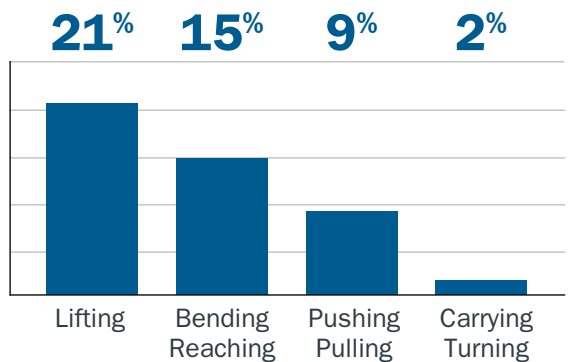
**\$4,666** average claim cost of an MSI

**6.6**



weeks on average were lost from work

## Causes of MSIs:



## Did you know?

Engaging your workforce about the risks in their jobs (primary contributing factors) and discussing ideas for controls to eliminate or reduce the exposure is an effective method for preventing MSIs.

## Top 10 musculoskeletal injuries by industry

**Health and Social Services** sector represented **36%** of the number of claims

