

New Online Tool Targets Pains And Strains

McGuinty Government Marks 11th Annual Repetitive Strain Injury Awareness Day

NEWS

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A new [interactive, online tool](#) is now available to help Ontarians find out more about musculoskeletal disorders (MSDs).

MSDs — or repetitive strain injuries — occur in the muscles, tendons and nerves as a result of continued exposure to repetitive work, awkward postures and other facts.

In an effort to inform people about – and prevent – these injuries, the online tool lets users click on body parts to get information. For each body part, it highlights tasks that may lead to an MSD. It also recommends ways to reduce potential hazards, such as slouching at your desk.

The tool is part of the McGuinty government's broader efforts to prevent workplace injuries. The government also partners with labour organizations and others to combat MSDs by providing resources to employers and workers. These include a prevention guide, resources manual and toolkits.

QUOTES

“Our government is committed to ensuring workers are protected from injuries and major health hazards, including from ergonomic-related injuries. The new interactive tool for musculoskeletal disorders will help reduce these types of injuries by raising awareness and educating workers and employers on how to prevent them.”

—Peter Fonseca, Minister of Labour

QUICK FACTS

- In 2008, 43 per cent of all lost-time injuries involved MSDs. This amounted to more than 33,000 injured workers.
- MSDs cost the economy more than \$2 billion between 2003 and 2008.

LEARN MORE

Read more about Ontario's efforts to help [prevent MSDs](#).