

PART 8

Musculoskeletal Injuries

Previous Regulation(s): NEW

Summary of requirements:

- **Musculoskeletal Injury** – defined as an injury or disorder of the muscles, tendons, ligaments, joints, nerves, blood vessels or related soft tissue including a sprain, strain or inflammation, that may occur to a worker in a workplace and that is caused or aggravated by any of the following:
 - A repetitive motion
 - A forceful exertion
 - Vibration
 - Mechanical compression
 - A sustained or awkward posture
 - A limitation on motion or action
 - Any other factor that creates a risk of musculoskeletal injury

- **Assessing risks** – where an employer is aware, or ought reasonably to have been aware, or has been advised that a work activity creates a risk of musculoskeletal injury, the employer must (a) ensure that the risk is assessed, and (b) on the basis of the assessment, implement control measures to eliminate or reduce the risk.

- **Control measures** may include one or more of the following: (a) providing, positioning and maintaining equipment that is designed and constructed to reduce or eliminate the risk, (b) developing and implementing safe work procedures, (c) implementing work schedules that incorporate rest and recovery periods, changes to workload or other arrangements for alternate work, and (d) providing personal protective equipment.

- **Monitoring control measures** – an employer must monitor the effectiveness of control measures and where the monitoring identifies that a risk is not being or has not been eliminated or reduced, implement further control measures.

- **Workers to be informed** – of the risk and of the signs and common symptoms of any musculoskeletal injury associated with the worker's work and the worker receives instruction and training respecting any control measures implemented.

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**Note: This is high-level summary.
Please refer to the Regulation for more detailed requirements.**