

# Word Scramble

## From Your Local 416 MSD Committee

**Toronto EMS has been successful in reducing the number of musculoskeletal disorder injuries (MSDs) experienced by our staff over the last 12 months. The entire team should be proud of these results. Let's keep up the good work by keeping injury prevention top of mind – every day!**

**Unscramble the words below relevant to musculoskeletal disorder prevention:**

1. **INLGTIF** **LIFTING** This activity results in the highest number of incidents reported by Toronto EMS paramedics.
2. **MOMITCUNCIONA** **COMMUNICATION** An essential element of safe lifting with a partner or other allied services.
3. **TIQUEMPEN** **EQUIPMENT** The right choice of this will make the lift easier.
4. **ETINNEOMRVN** **ENVIRONMENT** Important to assess this before lifting.
5. **CDOIRETNI** **DIRECTION** Paramedics should provide this when lifting with allied services.
6. **ETPUORS** **POSTURE** Strive to ensure this is neutral with every lift and transfer.
7. **GSITWTIN** **TWISTING** Avoid doing this while lifting or carrying people or materials.
8. **ECRTRETHS** **STRETCHER** These lifts account for the highest percentage of musculoskeletal disorder incidents reported by Toronto EMS paramedics.
9. **ELOSC** It's important to keep the load **CLOSE** to the body when lifting or carrying.
10. **PHEL** **HELP** This should be asked for, whenever possible, if the lift is heavy or difficult.