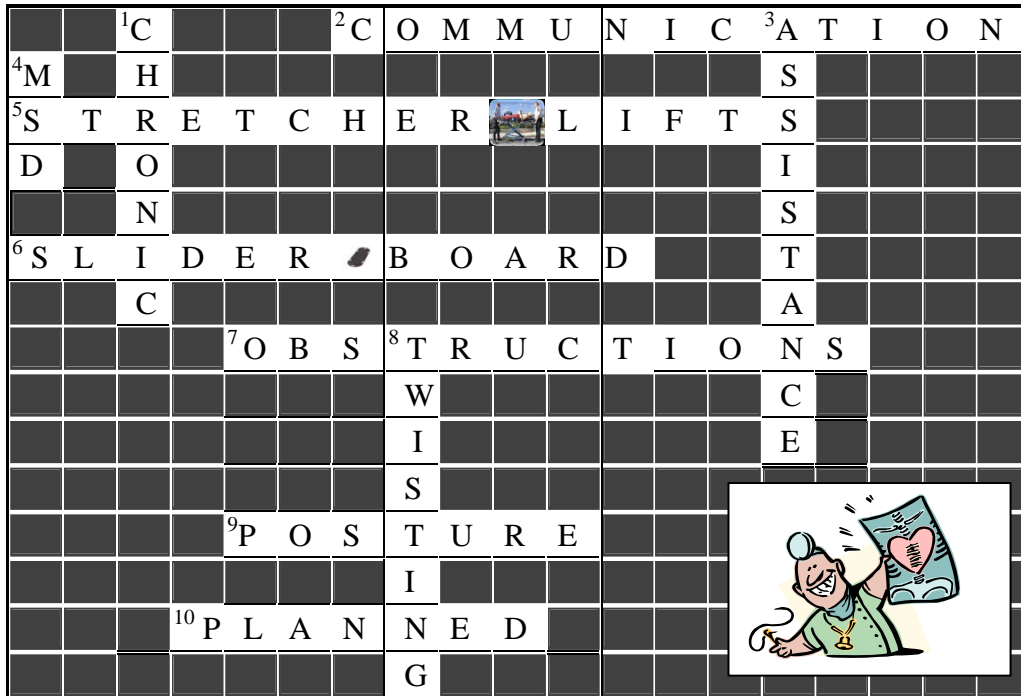


TEST YOUR MSD KNOWLEDGE!

TEMS Local 416 MSD Committee

Toronto EMS has been extremely successful in reducing the number of musculoskeletal disorder (MSD) injuries experienced by staff over the last 12 months. Let's keep up the good work and keep injury prevention top of mind every day!



ACROSS

- Important element of safe patient lifting.
- These lifts account for more than 1/3 of all MSD incident reports in Operations. (2 words)
- Reduces risk of MSDs during bed to bed transfers. (2 words)
- The path should be cleared of these prior to lifting.
- Important for maintaining the normal curvature of the spine.
- Any movement of patients and equipment must be _____.

DOWN

- Most MSDs are this, instead of acute.
- When the lift will be heavy or difficult, this should be sought.
- Acronym for Musculoskeletal Disorder.
- When lifting and turning, it's important to move the feet instead of doing this.

Toronto EMS Intranet:

http://insideto.toronto.ca/ems/health_safety/ergonomics.htm or contact Kim McKinnon, kmckinn2@toronto.ca, 416-392-2255, or Susan Firman, sfirman@toronto.ca, 416-392-7993.