

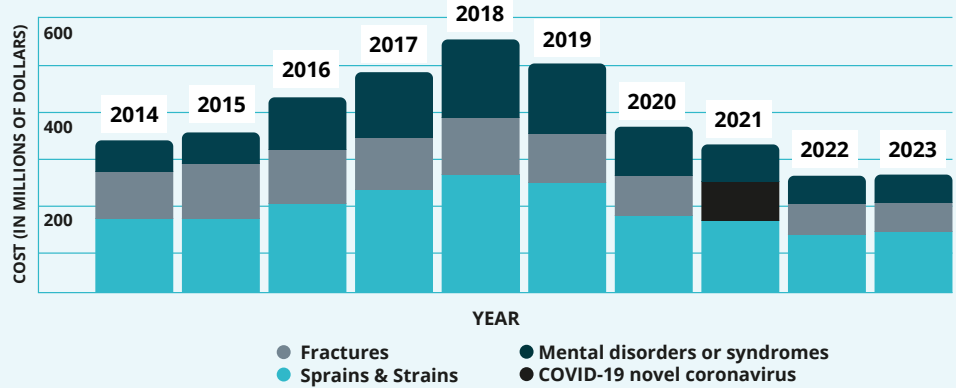
Impact of MSD in Ontario 2023

● **35%**
of all claims in 2023 were MSD injuries

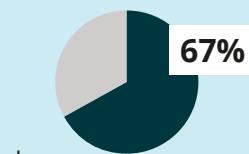
● **80-90%**
of MSD injuries are classified as strains and sprains

- This nature of injury has been the most prevalent and the most costly year over year

Cost: Top 3 natures of injury over 10 years

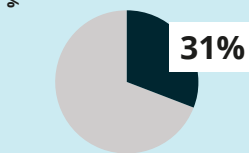


Top injury causes related to ergonomics: 2023



#1 Overexertion

Overexertion refers to a worker exceeding their body's physical limits while completing a task. This includes overexertion while lifting, pushing, pulling, turning, throwing, etc.



#2 Dynamic and repetitive movements

Includes injuries that occurred due to bending, climbing, crawling, reaching, twisting, tool use, stepping down from something, or running.

Other injury causes include static postures (standing/sitting), typing or keyboarding, kneeling, and vibration exposure. These injuries account for ~1% of claims, and \$1.5M in 2023.

MSD CLAIM COST

\$49.9M

\$27.4M

Data for this poster was obtained from WSIB. For more information, visit our website.



MSD negatively impact everyone in the workplace

Impact on Workers:

- Time off work
- Mental health
- Impacts on daily life (e.g., family, recreational activities)

Impact on Employers:

- Decreased productivity and quality
- Employee absences
- Increased cost (e.g., training new workers)

These injuries can be prevented

The primary MSD hazards (force, posture, and repetition) are directly related to the development of MSD. **Learn more about how to eliminate or reduce MSD hazards in the workplace using the MSD Prevention Guideline for Ontario.**

