



April is the cruelest month. **T. S. Elliot**

## WRH Celebrates Nurses Week May 4 to 11, 2011

Congratulations are extended to Nursing Excellence Nominees: Katherine Coffman, Susan Guyitt, Rita Jacques, Janet Latouf, Mary Catherine Lippold, Mikalynn Parlette, Nicole Sorrell, Jonna Hogan, Michael Scholey, Katharina Strong, Anne Marie Herlehy, Denise Hurst, Diane Niklas, Kimberly Simard and Rachel Gough. Also teams Champions of Critical Care, High Five (5North) Smooth Operators (Operating Room). Tickets for the Annual Nursing Excellence Awards Banquet (Thursday, May 5th, 2011) are available by calling the WRH Foundation at ext. 52005.

## Volunteers Needed

There are several events over the next few weeks in support of the WRH Foundation. These can be a great way for high school students to get some of their volunteer hours! Contact Kim Willis-More at ext. 52458, or [kim\\_willis-more@wrh.on.ca](mailto:kim_willis-more@wrh.on.ca) if you are interested in volunteering at any of the following: Sunday May 1 – Loaring Physiotherapy 5 & 10 K runs @ Loaring Physiotherapy, Tecumseh (Volunteers needed starting at 6 a.m. and should be done by Noon), Thursday, May 26 – WRH Golf Tournament @ Pointe West, Amherstburg (volunteers needed for various shifts).

## Cancer Centre Open House

An Open House will be held on Saturday, May 14th, 2011 from Noon to 2 pm. For more information, contact Kerri Hill, Communications Coordinator Windsor & Essex County Cancer Centre Foundation 519-253-3191 ext. 58559.

## Congratulations to Human Touch Award Winners

Congratulations are extended to Pharmacy Technician Debbie Gammon and Volunteer, Tony Peters on receiving a Human Touch Award from Cancer Care Ontario. Both were honoured as a result of their dedication and commitment to the Cancer Program. This represents 2 of the 6 Awards given in Ontario.

## Refine Fitness Hosts Pushups for Charity

Refine Fitness will host the 'Pushups for Charity' event on Saturday, May 28 @ 10 a.m. To find out more call Kim Willis-More at ext. 52458.

### Did you know?

Since 1993 a series of colours have been used to indicate emergency codes in Ontario Health Facilities. Code Green refers to a crisis which requires evacuation.

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Submissions can be made to [gisele\\_sullens@wrh.on.ca](mailto:gisele_sullens@wrh.on.ca) or by calling ext. 52008.**

# Safety Talk



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Welcome to the 2nd Edition of Safety Talk. Safety Talk is a new quarterly publication issued by WRH's Occupational Health and Safety Department of Windsor Regional Hospital. This issue focuses on Musculoskeletal Disorders.

## MUSCULOSKELETAL DISORDERS

Muscles, tendons, ligaments and joints are used in a variety of ways to lift, carry, sit, stand, walk, move and work. These tasks or the way we do them can put too much demand on our body causing pain and discomfort and may lead to a more serious injury called a Musculoskeletal Disorder (MSD). Musculoskeletal disorders develop as a result of the effects of repetitive, forceful or awkward movements on bones, joints, ligaments and other soft tissues. Workers may experience symptoms such as discomfort, pain, numbness, tingling, weakness and restricted movements. MSD is a general term for a group of injuries which include:

Back Pain (low back pain) • Carpal Tunnel Syndrome (CTS) • Rotator Cuff Syndrome  
Tennis Elbow (epicondylitis) • Shoulder pain (Shoulder Myalgia) • Muscle Strain • Tendonitis

Examples of MSD risks (conditions that may lead to MSD):

- 1) Work that places the elbows above shoulder height, or the hands behind the body.
- 2) Tasks that call for frequent bending or twisting of the neck.
- 3) Work requiring frequent or prolonged grasping and holding objects, or frequent wrist movements.
- 4) Work that requires frequent lifting of items from below knee height or above the shoulders.
- 5) Work requiring frequent bending or twisting at the waist.
- 6) Tasks that involve carrying, lifting, pushing or pulling heavy or awkward loads.
- 7) Spending long periods with a body part held in any one position without movement.

What can you do to avoid a MSD?

- 1) At WRH we have employee training on proper lifting techniques, how to properly use items to assist such as mechanical lifts or transfer devices etc. and reference materials regarding use. It is important that you reference your training, follow the training AND use the right tool at the right time EVERY time.
- 2) Don't risk an injury! If you are uncertain on how to properly use a tool ASK FOR ASSISTANCE.

### Did you know?

- 1) At WRH the highest rate of injury involves the back, with lower back as the primary injury location.
- 2) Hands-on training for WRH employees on safe patient handling (i.e., lift, reposition, transfer, use of patient handling equipment) and on manual material handling is under way.

(NOTE: Background information on MSDs taken from MOL publications.)