



## Musculoskeletal injuries (MSIs)

The best way to prevent MSIs— soft tissue injuries such as strains or sprains—is to eliminate or minimize the risk. When this is not possible, PPE can help prevent MSIs. The following table will help you check whether you have the right PPE for the job:

Risk	Body Part	PPE
Contact with hard objects such as edges, tools, machinery, or products	Hands	Padded gloves
	Elbows / forearms	Elbow pads
	Knees	Knee pads
Handling objects— lifting or lowering, pushing or pulling, carrying, or gripping an object	Hands	Gloves that fit and grip well
Vibration	Hands	Well-fitting anti-vibration gloves
Slips, Trips, and Falls	Feet	Anti-slip, proper-fitting footwear
Cold Environment	Hands	Warm gloves that fit and grip well
	Body	Warm clothing that doesn't add bulk



Well-fitting gloves can help reduce the amount of force required to handle items, especially slippery items. Choose gloves that are comfortable and flexible enough for easy use of your hands. Gloves should be snug, but not so tight they reduce blood flow to your fingers. Loose-fitting gloves can get caught in machinery or cause you to grip items awkwardly or too hard.



Some alternatives to wearing PPE include:

- Padding equipment to reduce contact stress
- Using kneeling pads instead of wearing knee pads
- Covering equipment handles with anti-vibration wraps
- Standing on anti-fatigue mats during prolonged standing

Back belts and wrist braces are not considered PPE. For more information see the publications *Ergonomics Commentary 1—Back Belts*, and *Ergonomics Commentary 2—Wrist Braces*



For more information on PPE and MSIs, see the publications *Preventing Musculoskeletal Injury (MSI)* and *Understanding the Risks of Musculoskeletal Injury (MSI)*.