BLESSURES MUSCULO-SQUELETTIQUES n NUKINGNUT AANNIRNIQ

ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ (MSI) n MUSCULOSKELETAL INJURIES n

ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ (MSI) ᐅᖃᐅᓯᒃᓴᖅ ᓇᐃᓈᕈᑎᐊ
ᓄᔭᓕᕆᔩᑦ ᐊᒻᒪ ᐊᓯᖏᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᐱᓕᕆᔭᖏᓐᓂᑦ ᐃᖅᑲᓇᐃᔭᖃᑦᑕᖅᑐᑦ ᐊᑲᐅᖏᑦᑐᒦᑦᑐᑎ ᐊᑯᓂᑲᓪᓚᒃ, ᐊᒻᒪ ᑕᐃᒫᔅᓴᐃᓐᓇᖅ ᓅᖃᑦᑕᕈᓐᓇᖅᑐᓂ. ᑖᒃᑯᐊ ᐱᓕᕆᐊᖑᒋᐊᓖᑦ ᐊᔅᓱᕈᖅᑎᑦᑎᔪᓐᓇᖅᑐᑦ ᑎᒥᒥᑦ ᐊᒻᒪ ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ (MSI). ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᓄᑦ ᐋᓐᓂᕐᓂᐅᔪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑲᐅᖏᓐᓂᐅᔪᑦ ᓄᑭᓄᑦ, ᑎᓯᔪᓄᑦ ᓄᑭᓄᑦ, ᓇᒡᒍᐊᑦ ᖃᖅᑯᐊᖏᑦ, ᓇᒡᒍᐊᑦ, ᐊᐅᓚᔾᔪᑏᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᑕᖃᐃᑦ. ᐃᓚᒋᒐᔪᑦᑕᖏᑦ ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ ᐱᖃᓯᐅᔾᔨᔪᑦ ᓄᑮᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓄᑮᑦ ᑕᖃᓯᒪᓂᖏᑦ, ᓇᒡᒍᐊᑦ ᖃᖅᑯᐊᖏᑦ ᐊᔅᓱᕈᓐᓂᐅᔪᑦ, ᐊᒻᒪ ᓄᑭᑲᖓᑕᓂ. ᑕᑯᔅᓴᐅᓂᖏᑦ ᐊᒻᒪ ᖃᓄᐃᓐᓂᖏᑦ ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ ᐱᖃᓯᐅᔾᔨᔪᖅ ᐊᐅᐸᕐᓂᖅ, ᐳᕕᓐᓂᖅ, ᐃᑉᐱᓂᐊᖏᓐᓂᖅ, ᑲᑭᓪᓚᓛᑦᑎᓂᖅ, ᐃᕿᒍᓐᓇᖏᓐᓂᖅ, ᐋᓐᓂᐊᓂᖅ, ᐊᒻᒪ ᓅᒡᒐᖅᑐᒍ ᐃᓚᖓ ᑎᒥᖓ. ᑕᑯᔅᓴᐅᓂᖏᑦ ᐊᒻᒪ ᖃᓄᐃᓐᓂᖏᑦ ᓴᖅᑭᑳᓪᓚᑦᑑᔮᕈᓐᓇᖅᑐᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᓴᖅᑭᑎᑦᑎᔪᑦ ᐊᑯᓂᐅᔪᒧᑦ. ᐃᖅᑲᓇᐃᔭᖅᑎᑦᑎᔪᑦ ᓇᓗᓇᐃᖅᓯᒋᐊᖃᖅᑎᑕᐅᔪᑦ ᐊᑦᑕᓇᕈᑎᐅᔪᓐᓇᖅᑐᓂᑦ ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ ᐊᒻᒪ ᐊᐅᓚᓗᒍ ᐅᕝᕙᓘᓐᓃᑦᐲᕐᓗᒍ ᐲᖅᑕᐅᔪᓐᓇᕈᓂ.

ᑕᐅᑐᑎᑦᑎᓂᖅ ᐊᒻᒪ ᐅᖃᓪᓚᖃᑕᐅᓂᕐᒧᑦ ᐅᖃᐅᓯᒃᓴᑦ
ᐅᖃᐅᓯᖃᕐᓗᑎᑦ ᐊᑦᑕᓇᕈᑎᐅᔪᓂᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐱᓕᕆᐊᖑᒋᐊᓕᓐᓂᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒥ
ᓴᖅᑭᑎᑦᑎᔪᓐᓇᖅᑐᑦ ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ.

ᕿᒥᕐᕈᐊᖃᑎᒋᓗᒋ ᓴᓇᕕᐅᑉ ᐃᓗᐊᓂ ᐃᓕᓐᓂᐊᖅᑏᑦ, ᑖᒃᑯᐊ ᐅᓗᕆᐊᓇᖅᑐᑦ
ᓇᓗᓇᐃᔭᖅᓯᓐᓈᕐᓗᒋᑦ.
ᑐᓐᓂᖅᓴᕐᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ ᐸᐃᑉᐹᑦ.
ᕿᒥᕐᕈᓗᒋᑦ ᐊᑦᑕᓇᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐃᑲᔪᕈᑎᔅᓴᐃᑦ.

ᓴᓇᕐᕈᑎᒃᑯᕕᖕᒥ ᐅᖃᖃᑎᒌᓐᓃᑦ — ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔨᐅᑉ ᐊᑐᐊᒐᖓ ᓄᔭᓕᕆᓂᖅ

ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᐊᖏᖅᑕᐅᓯᒪᓂᒃᑯᑦ ᐅᑯᓇᙵᑦ WorkSafeBC (ᑦᑕᓇᙱᑦᑐᒥ ᐱᓕᕆᓂᕐᒧᑦ ᐳᕆᑎᔅ ᑲᓚᒻᐱᐊᒥᑦ).

ᐱᓪᓚᑦᑖᖑᖅᑎᒋᐊᕐᓗᒍ. ᒪᕐᕉᓐᓂᒃ ᐅᓂᒃᑳᕐᓗᑎ ᐃᒫ ᐋᓐᓂᕐᓂᐅᔪᓂᑦ ᐃᒡᕕᑦ ᖃᐅᔨᓯᒪᔭᖏᓐᓂ, ᐅᕝᕙᓘᓐᓃᑦ ᑖᒃᑯᐊ ᐆᒃᑑᑎᐅᔪᓐᓇᖅᑐᑦ ᐊᑐᕐᓗᒋ:
• ᓄᔭᓕᕆᔨ ᖃᐅᔨᕙᓪᓕᐊᓕᓚᐅᖅᑐᑦ ᐊᒡᒐᐅᑎᖏᓐᓂ ᐊᒻᒪ ᐊᒡᒐᖏᓐᓂᑦ ᒪᐃᓕᖅᑐᑎ ᖃᑦᑏᓇᐃᑦ ᒥᓂᑦ ᐊᓂᒍᖅᑎᓪᓗᒋᑦ. ᑲᔪᓯᓂᖃᓚᐅᖅᑐᖅ ᐊᓪᓕᕉᔮᓐᓂᒃ ᑎᒍᒥᐊᕈᓐᓇᐃᓕᓚᐅᖅᑐᑦ ᑲᑕᐃᖏᓐᓇᖅᑐᓂᒋᑦ. ᖃᐅᔨᔭᐅᓚᐅᖅᑐᖅ ᐊᒡᒐᐅᑎᖓᒍᑦ ᐋᓐᓂᐊᖃᑦᑕᖅᑐᑦ.
• ᒪᒃᑯᑦᑐᖅ ᓄᔭᓕᕆᔨ ᐊᖏᕋᒐᔪᑉᐸᓚᐅᖅᑐᖅ ᑐᓄᕐᓗᑦᑐᓂ. ᖃᐅᔨᔭᐅᓚᐅᖅᑐᑦ ᓄᓱᔅᓯᓯᒪᓪᓗᑎ ᑐᓄᖏᑎᒍᑦ.
ᐅᖃᐅᓯᖃᕐᓗᑎᑦ ᐃᓱᒪᒋᔭᐅᓲᖅ “ᑕᐃᒪᐃᔾᔮᙱᑦᑐᖓᓕ”. ᐃᖅᑲᐃᑎᓪᓗᒋᑦ ᐋᓐᓂᕐᓂᐅᔪᖅ ᓴᖅᑭᕈᓐᓇᖅᑐᖅ ᐊᒻᒪ ᓴᖅᑭᓂᐊᖅᑐᓂ ᕿᓚᒥᐅᔪᓂᑦ ᐊᑐᖃᑦᑕᕈᑎ ᐅᕝᕙᓘᓐᓃᑦ ᑲᒪᑦᑎᐊᖏᓐᓂᕐᒧᑦ. ᐃᓕᓐᓂᐊᑎᓪᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑏᑦ ᓇᓗᓇᐃᖅᓯᔪᓐᓇᕐᓗᑎ ᐊᒻᒪ ᑐᓴᖅᑎᑦᑎᓗᑎ ᑭᓱᑐᐃᓐᓇᕐᓂᑦ ᐊᑦᑕᓇᐃᖅᓯᒪᓂᕐᒧᑦ ᐃᓱᒫᓘᑕᐅᔪᓂᑦ ᐱᔾᔪᑎᖃᖅᑐᑦ ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ ᐊᑦᑕᓇᕈᑎᓄᑦ. ᐊᔭᐅᖅᑐᕐᓗᒋ ᑖᒃᑯᐊ ᐊᐱᖅᓱᖁᓗᒋ ᐊᐱᖅᑯᑎᓂ.
ᑭᐅᖃᑦᑕᒃᑭᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐊᐱᖅᑯᑕᐅᔪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓱᒫᓘᑕᐅᔪᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ. ᒪᓕᑦᑎᐊᕈᒥᓇᕐᓗᑎ ᐱᓕᕆᑦᑎᐊᖃᑦᑕᕐᓗᑎ ᖃᖓᓕᒫᒃᑯᑦ ᐊᑦᑕᕐᓇᔾᔭᐃᖅᓯᒪᐃᓐᓇᕐᓗᑎ.

ᖄᒃᑲᓐᓂᐊᒍᑦ ᐃᑲᔪᕈᑎᒃᓴᐃᑦ:
Understanding MSIs – educational guide for workers (ᑐᑭᓯᔭᐅᓂᖓ ᓄᑭᓂᑦ
ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ – ᐃᓕᓐᓂᐊᓂᕐᒧᑦ ᑐᕌᒐᖏᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᒧᑦ) https://www.worksafebc.com/en/resources/health-safety/books-guides/understanding-the-risks-of-musculoskeletal-injury-msi
Does your back hurt? (ᑐᓄᐃᑦ ᐋᓐᓂᐊᕚ?) https://www.worksafebc.com/en/resources/health-safety/books-guides/does-your-back-hurt-a-guide-to-preventing-low-back-pain

“ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᓄᑦ

ᐋᓐᓂᕐᓂᐅᔪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑲᐅᖏᓐᓂᐅᔪᑦ

ᓄᑭᓄᑦ, ᑎᓯᔪᓄᑦ ᓄᑭᓄᑦ, ᓇᒡᒍᐊᑦ ᖃᖅᑯᐊᖏᑦ,

ᓇᒡᒍᐊᑦ, ᐊᐅᓚᔾᔪᑏᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᑕᖃᐃᑦ.”

INJURIES (MSI) n BLESSURES MUSCULO-SQUELETTIQUES n NUKINGNUT AANNIRNIQ

ᓄᑭᓂᑦ ᐋᓐᓂᑎᑦᑎᔪᓐᓇᖅᑐᑦ (MSI) n MUSCULOSKELETAL