

Move  
WELL



Work  
WELL

September 20 – 26, 2020

For resources and tools  
visit [workplacenl.ca](https://workplacenl.ca)

**WorkplaceNL**  
Health | Safety | Compensation



Soft-tissue injuries account for two-thirds of all lost-time injuries in Newfoundland and Labrador workplaces.

Mark your calendar. Raise awareness about the impact of repetitive strain and overexertion injuries by taking part in Musculoskeletal Injury Prevention (MSIP) Week. Discuss ways to prevent them in your workplace.

- ✓ Sign up for a WorkplaceNL webinar
- ✓ Lead daily safety shares (virtual or in-person)
- ✓ Promote microbreaks to prevent repetitive strain and overexertion injuries
- ✓ Encourage employees to report ergonomics concerns
- ✓ Schedule a workplace inspection focusing on ergonomics hazards
- ✓ Schedule a wellness walk