

Move  
WELL



Work  
WELL

September 19 — 25, 2021

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

**WorkplaceNL**  
Health | Safety | Compensation

## SEPTEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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 Move Well-Work Well 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 employees for Musculoskeletal Injury Prevention certification training
- ✓ Utilize WorkplaceNL's educational resources throughout the week