

# Move WELL Work WELL

SEPTEMBER 18-24, 2022

**How are you going to prevent repetitive strain and overexertion injuries?**

Visit [www.workplacenl.ca](http://www.workplacenl.ca)

**WorkplaceNL**

Health | Safety | Compensation



WorkplaceNL is proud to once again host **Move Well - Work Well**, our annual week-long event designed to increase awareness about the prevention of musculoskeletal injuries (also known as soft-tissue injuries) which count for two-thirds of all lost-time injuries in Newfoundland and Labrador workplaces.

Mark your calendar on **September 18-24, 2022**, for a dynamic week of **FREE** online events and resources.

## FREE MSI resources & tools!

- Sign up for a webinar or virtual workshop.
- Download inspection checklists and MSI safety talk toolkit.
- Share your MSI prevention/ergonomics success story on social media.
- Access other educational resources.

### For more information:

e [safety@workplacenl.ca](mailto:safety@workplacenl.ca) t 1.800.563.9000



Move  
WELL



Work  
WELL

---

September 18 - 24

---