

# Move WELL Work WELL

**SEPTEMBER 18-24, 2022**

## ACTIVITIES/RESOURCES

### Do you want to participate in Move Well-Work Well?

The list below showcases activities and resources for every workplace, regardless of size or where you are presently in your MSI prevention programming.

Choose activities best applicable to your organization.

#### Post the Move Well-Work Week week poster in your workplace

- [Download poster](#)

#### Invite senior management to launch the week

- [Download key communication points](#)

#### Conduct MSI safety talks

- [Download MSI Safety Talks Toolkit and Attendance Sheet](#)
- Additional Safety Talks are available on our [MSI webpage](#)

#### Register for a webinar or virtual workshop

- [View webinar schedule](#)
- View webinars on [WorkplaceNL's YouTube page](#)

#### Have the OHS Committee conduct an MSI workplace inspection

- [Download MSI Risk Factor Checklist](#)

#### Conduct ergonomics work observations with workers

- [Download Supervisor Ergonomics Work Observation](#)
- Supporting Resources:
  - [MSI Safety Talk Toolkit](#)
  - Control Picker – [www.msdpredvention.com](http://www.msdpredvention.com)  
Search for controls by keyword, sector, risk factor, body part, and more.

**WorkplaceNL**

Health | Safety | Compensation

e [safety@workplacenl.ca](mailto:safety@workplacenl.ca) t 1.800.563.9000 w [www.workplacenl.ca](http://www.workplacenl.ca)

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### Complete an office ergonomics self-inspection.

- [Download Office Ergonomics Self-inspection Checklist](#)
- WorkplaceNL supporting resources:
  - [Office Ergonomics – MSI injury prevention](#)
  - [Sitting Position](#)
  - [Standing Position](#)
  - [How to Adjust Your Chair](#)
  - [Adjustable Sit/Stand Workstations](#)
  - [Tips for Improved Laptop Setup](#)
- External supporting resources:
  - [MSD Hazard Identification Tool: Computer Workstation](#)  
Source: CRE-MSD, [www.msdpredvention.com](http://www.msdpredvention.com)
  - [Office Ergonomics Reference Guide](#)  
Source: Occupational Health Clinics for Ontario Workers Inc. (OHCOW)

### Check that your health and safety program is meeting the legislative requirements for MSI prevention.

- [Download: Employer's Guide: Meeting your Legislative Requirements for MSI Prevention.](#)

### Plan for a guest speaker.

- WorkplaceNL has a team of professionals that provide MSI education and awareness.  
Email [safety@workplacenl.ca](mailto:safety@workplacenl.ca) for more information.

### Complete an MSI risk assessment.

- Need help? Contact WorkplaceNL for guidance - [safety@workplacenl.ca](mailto:safety@workplacenl.ca).
- External Tools:
  - [Worksheet A: MSI Risk Factor Identification](#) (WorkSafeBC)
  - [Worksheet B: MSI Risk Factor Assessment](#) (WorkSafeBC)
  - "Tool Picker" at [www.msdpredvention.com](http://www.msdpredvention.com)

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**Register for MSI Prevention certification training.**

- Visit the [Certification Training Registry](#).

**Deliver a presentation to promote MSI awareness.**

**Update safe work practices and procedures (SWPPs) to include controls for MSI risk.**

**Organize daily group stretch breaks.**

- Download [Microbreaks Presentation](#).

**Plan a health and wellness activity to promote healthy living.**

- Wellness walk: enjoy the fresh air during a lunch break. Take attendance for a prize draw.
- Water-drinking or step challenge: track healthy habits and offer prizes to those who excel.
- Mindfulness meditation: share daily meditation exercises with employees.
- Healthy recipes sharing: have employees share healthy recipes and consider creating a cookbook.
- Wellness presentation: source a local health professional such as a kinesiologist, wellness coach, physiotherapist or nutritionist to present at the workplace.
- [Download Attendance Sheet to track participation](#).

**Has your organization successfully implemented an ergonomics program or MSI prevention controls with reported success? Tell us your success story for a chance to win a prize.**

- Share your MSI success story on social media.

**Demonstrate your organization's commitment to MSI prevention by promoting the week on social media.**

- [Share/post a MWWW social media graphic](#).

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#### Sample Agenda

Monday September 19	<ul style="list-style-type: none"> <li>• Leadership launch and group stretch activity</li> <li>• Water/step challenge</li> <li>• Submit an ergonomics/MSI prevention success story on social media</li> <li>• Supervisor-led safety talk</li> <li>• Webinar: MSI - What's Your Risk? (10 a.m.)</li> </ul>
Tuesday September 20	<ul style="list-style-type: none"> <li>• Supervisor-led safety talk</li> <li>• Water/step challenge (continued)</li> <li>• Supervisor ergonomics work observation</li> <li>• Departmental stretch activity</li> <li>• Virtual workshop               <ul style="list-style-type: none"> <li>• Move Well to Prevent MSI (10 a.m.)</li> <li>• Is Pandemic Posture Affecting Your Health? (2 p.m.)</li> </ul> </li> </ul>
Wednesday September 21	<ul style="list-style-type: none"> <li>• Supervisor-led safety talk</li> <li>• Water/step challenge (continued)</li> <li>• OHS Committee MSI-focused workplace inspection</li> <li>• Departmental stretch activity</li> <li>• Webinar: Educating Your Workplace to Prevent MSI (10 a.m.)</li> </ul>
Thursday September 22	<ul style="list-style-type: none"> <li>• Supervisor-led safety talk</li> <li>• Water/step challenge (continued)</li> <li>• Departmental stretch activity</li> <li>• Virtual workshop               <ul style="list-style-type: none"> <li>• Is Pandemic Posture Affecting Your Health? (10 a.m.)</li> <li>• Move Well to Prevent MSI (2 p.m.)</li> </ul> </li> <li>• Review/update SWPPs for MSI risk control</li> </ul>
Friday September 23	<ul style="list-style-type: none"> <li>• Supervisor-led safety talk</li> <li>• Water/step challenge (continued - award price)</li> <li>• Departmental stretch activity</li> <li>• Webinar: Introduction to the MSI Prevention Certification Training Standard (10 a.m.)</li> <li>• Guest speaker</li> </ul>

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