

Move WELL Work WELL

SEPT 17 - 23, 2023

Learn to identify the warning signs to prevent the pain of repetitive strain and other soft-tissue injuries.

WorkplaceNL

Health | Safety | Compensation

Scan for more information:



Move WELL Work WELL

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A week-long event designed to increase awareness about the prevention of musculoskeletal injuries which count for two-thirds of all lost-time injuries in NL workplaces.



Mark your calendar!
September 17-23, 2023

Daily Webinars

30-45 minute virtual learning sessions.

Podcasts

New episodes of The Signal.

Safety Shares

Topics for workplace safety talks.

Online Resources

Information on ergonomics and musculoskeletal injuries.

On-site Visits

Complete our online form to request a visit.

Space is limited so register [today](#).