

Move WELL



Work WELL

SEPT 17 - 23, 2023

Move Well – Work Well (MWWW) is 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.

This week is **Move Well – Work Well Week**. Each year in September, the province recognizes Move Well-Work Well week to raise awareness about musculoskeletal injuries (MSIs) and how to prevent them.

MSIs are also known as soft-tissue injuries or repetitive strain and overexertion injuries and count for the majority of lost-time injuries in NL workplaces every year.

Move Well – Work Well Week reminds us that when we move often and use good body mechanics, we reduce our risk of developing an MSI and remain productive, comfortable and healthy at work and home. Essentially, when we move well, we work well. Each of us has a role in preventing MSIs. Employers must implement control measures to eliminate or reduce the risk of MSI among workers. Workers must follow safe work practices and procedures and use the control measures they have been trained in.

Throughout the week, I encourage you to participate in the Move Well – Work Well activities we have planned and to incorporate the lessons learned into your daily life and work.

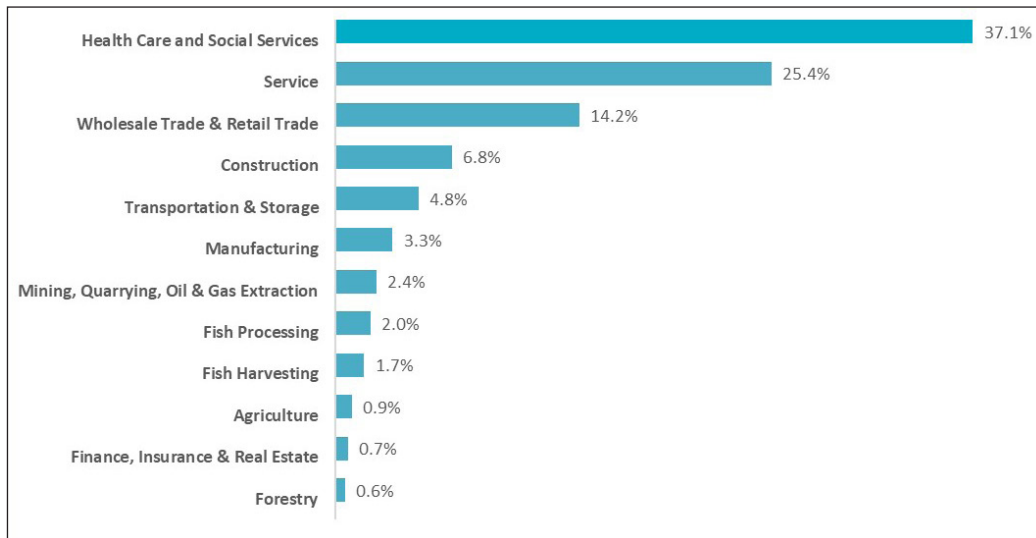
Optional

- Communicate the provincial MSI injury statistics below or provide statistics from your own organization (e.g., number of MSIs in recent years, common work activities where MSIs are occurring).
- Remind workers of a safe work practice your organization has implemented to prevent MSI; for example: “Remember to check your posture and move often by alternating your tasks or taking microbreaks.”
- Highlight a recent improvement your organization has implemented to prevent MSIs.

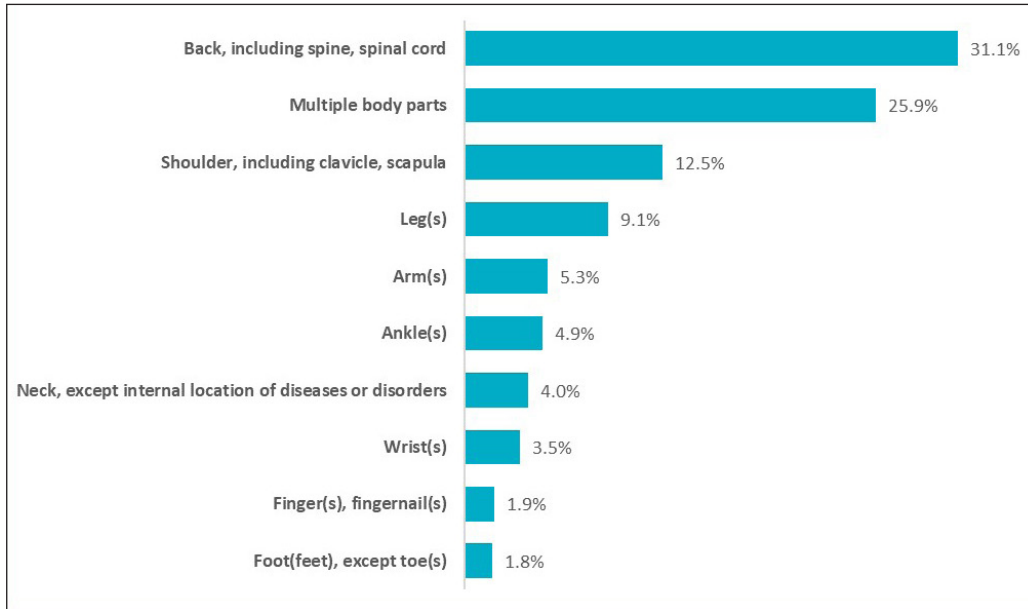
NL Workplace Injury Statistics
 On average, MSIs in NL account for (2018-2022):



Soft Tissue Injuries by Total Claims by Industry 2018-2022



Soft Tissue Injuries by Top Ten Parts of Body 2018-2022



Soft Tissue Injuries by Top 15 Occupations 2018-2022

