

# Move WELL Work WELL

## Leadership Talk Key Messages for Safety Talks

Move Well – Work Well Week reminds us that when we move often and use good body mechanics, we reduce the risk of sprain and strain injuries (also referred to as musculoskeletal injuries, or MSIs) and remain productive, comfortable and healthy at work and at home. Essentially, when we move well, we work well.

During Move Well – Work Well Week, set aside short bits of time each day to focus on the principals of MSI prevention. The series of safety talks will provide information on the connection between your own personal health and wellness and MSI prevention.

Studies have shown that healthy people are more alert and able to respond more quickly to unexpected events, which make them less likely to become injured. If these workers do become injured, studies show that they generally recover more quickly. Healthy workers are more likely to be more productive and experience less time away from the workplace due to sickness.

Take responsibility for your own health, safety and well-being. In addition to using good and safe postures every day, you also need adequate physical activity, nutrition, hydration and sleep while trying to reduce and manage stress. All of these activities will enhance your personal health and wellness and reduce your risk of developing MSIs.



### Contact Us

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