

Are YOU at Risk for Sprains and Strains?



FORCE

Lifting, moving, handling and gripping objects with effort.



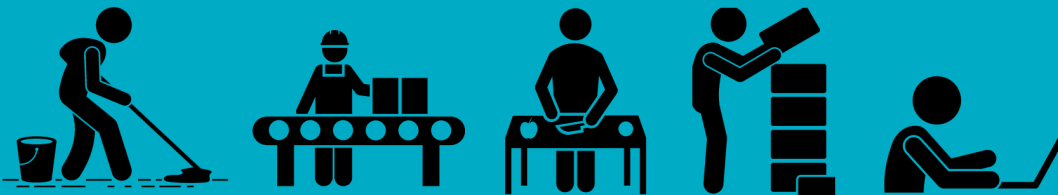
AWKWARD POSTURE

Bending, twisting, reaching, crouching, kneeling and overhead work.



SUSTAINED POSTURE

Sitting, standing, leaning and keeping a fixed body position.



REPETITIVE MOTION

Performing the same movement and using the same muscles over and over.

++ Combinations of these activities put you at higher risk.

Tools and Resources

- MSI Risk Factor Checklist: Find risk factors in your work
- Free self-paced learning: Introduction to Musculoskeletal Injuries

Scan for these resources and more:



t 1.800.563.9000

e safety@workplacenl.ca

w workplacenl.ca

WorkplaceNL