

Move WELL Work WELL

SEPT 22 - 28, 2024

Move Well – Work Well Week is an annual event in Newfoundland and Labrador to raise awareness about musculoskeletal injuries (MSIs) and find practical solutions for prevention in 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 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

MSIs account for two-thirds of all lost-time injuries in NL workplaces (2019-2023)

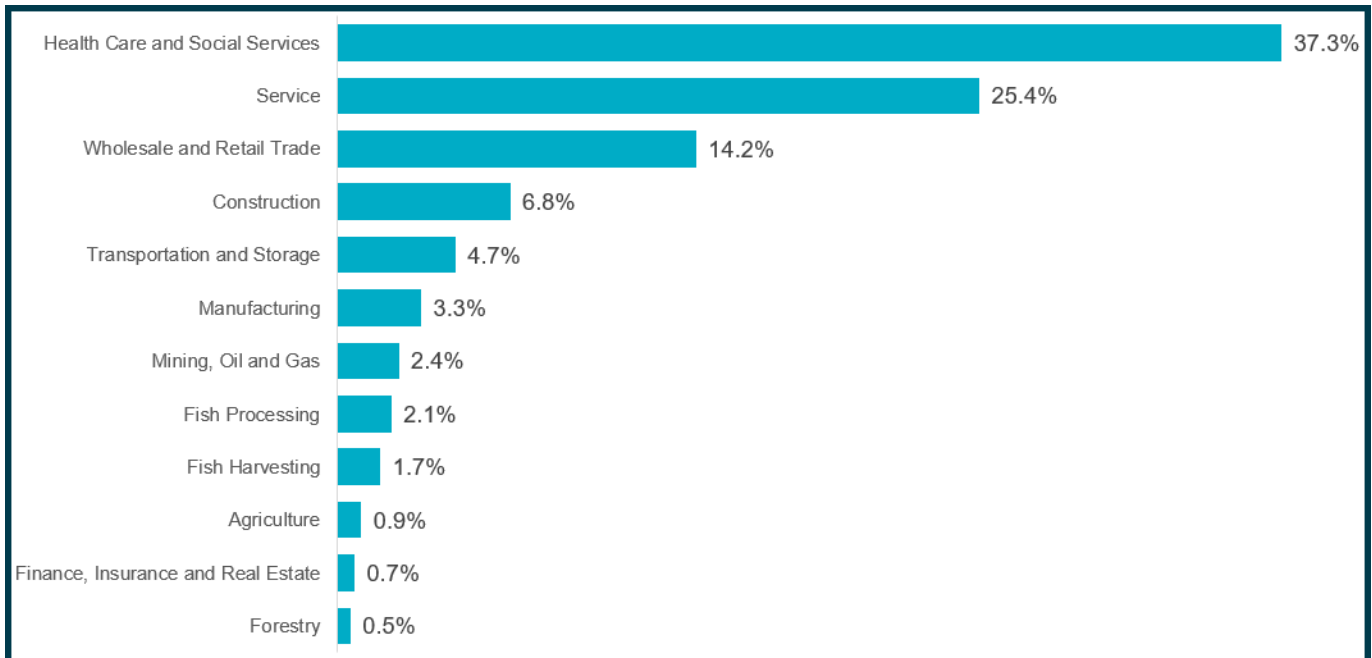


Did you Know...

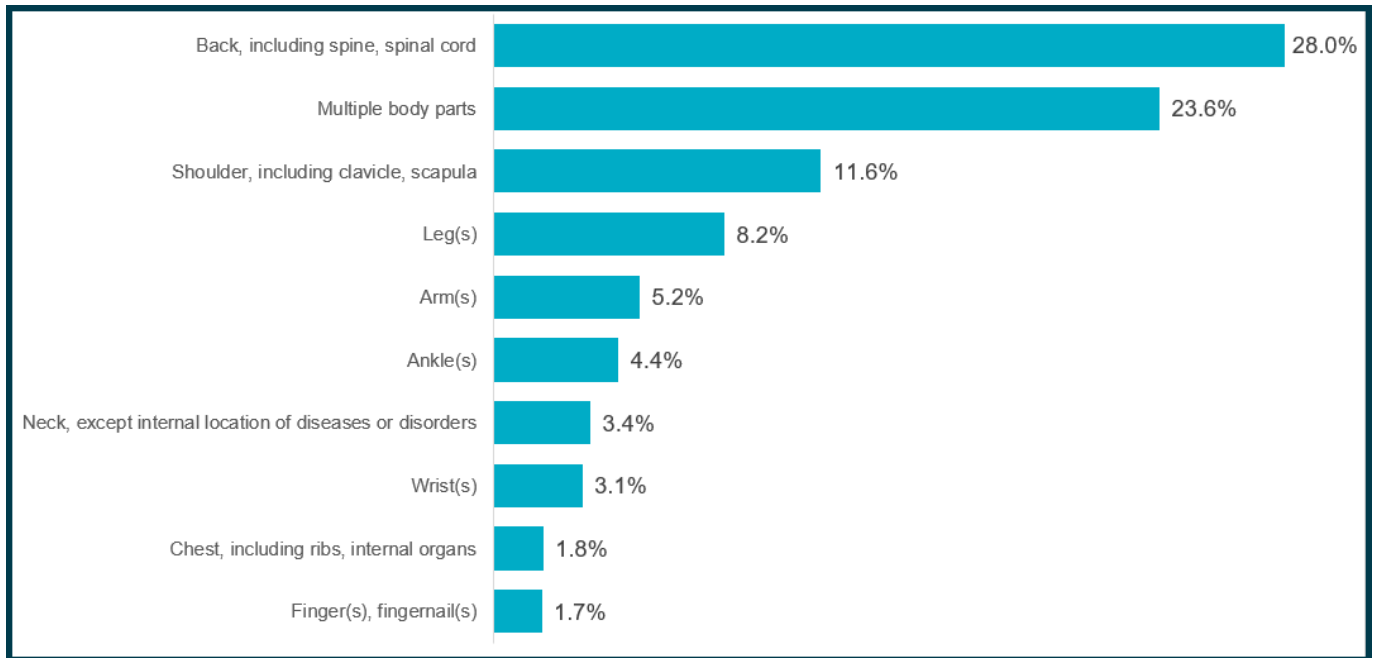
- Every day on average, 6.3 workers in NL will sustain an MSI, requiring time away from the workplace.
- These injuries most frequently occur in the back followed by the shoulders.
- Bodily reaction and exertion is the most common cause.
- Among the most common causes are lifting and handling loads, awkward postures and repetitive tasks.
- There were 2,295 new work-related lost-time soft tissue injury claims in 2023.



Soft Tissue Injuries by Total Claims by Industry 2019-2023



Soft Tissue Injuries by Top Ten Parts of Body 2019-2023



Soft Tissue Injuries by Top 15 Occupations 2019-2023

