

Move Well - Work Well

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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.

WorkplaceNL is seeking the support of our injury prevention partners and stakeholders to help promote Move Well - Work Well Week. Help us spread the word by sharing:

Daily Events

- Webinars (30-45 minute sessions).
- Podcasts - new episodes of The Signal.

Resources

- A free, self-paced course: "Introduction to Musculoskeletal Injuries".
- Short videos on tips for lifting techniques and exercises for a healthy back.
- Topics for safety talks.
- Tools to spot and fix potential hazards.

Feedback Survey

Let us know how we can improve MWWW.

Email Teaser Card

- Move Well - Work Well Week digital card.

Social Media Graphics

- Promotional images for Facebook, Instagram, LinkedIn and X.

Posters

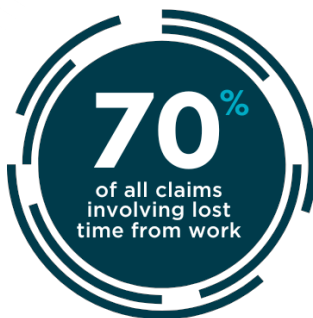
- Move Well - Work Well Week
- "Are you at Risk of Sprains and Strains?"



Scan for these resources and more:

NL Workplace Injury Statistics

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



WorkplaceNL

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