

Move Well Work Well

*Let's prevent
knee injuries*

QUICK TIP

Use **knee pads** when kneeling cannot be avoided.



QUICK TIP

Sit on a **low stool or seat** when doing low-level work to avoid kneeling.



Stay strong. Stay safe.

Learn about
MSI prevention

SCAN FOR MORE
INFORMATION



t 1.800.563.9000 e safety@workplacenl.ca
workplacenl.ca/mwww

WorkplaceNL

Health | Safety | Compensation