

Join us to kick off *Move Well Work Well* Week

When we **move often** and **use good body mechanics**,
we **reduce our risk** of developing an MSI and remain
productive, comfortable and healthy.

Let's come together to learn practical solutions for prevention
during Move Well Work Well Week and all year round.

WHERE:

WHEN:

WHAT:

Stay strong. Stay safe.

Learn about
MSI prevention

SCAN FOR MORE
INFORMATION



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