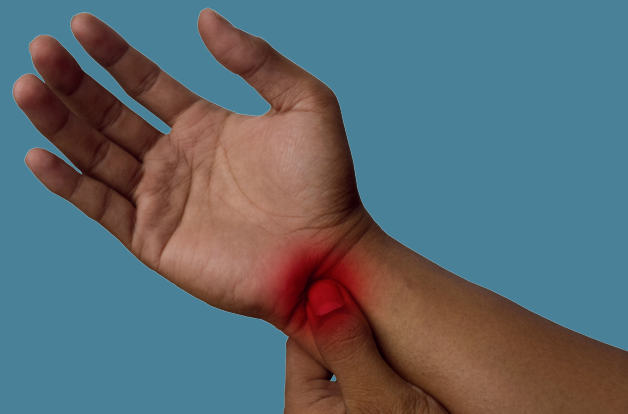


SAFETY FIRST

Work-Related Musculoskeletal Injury



If untreated, work-related musculoskeletal injuries can develop into painful conditions affecting the muscles, tendons, and nerves. Known as work-related musculoskeletal disorders (WMSDs), these conditions can make everyday movements like bending, gripping, twisting, and reaching hazardous when repeated frequently, particularly if they involve force, speed, or inadequate recovery time.



To help reduce your risk of developing a musculoskeletal injury or disorder, follow these tips:

- The first step in addressing an injury is to stop the actions that caused it. If possible, the affected employee should be reassigned to tasks that won't exacerbate the condition.
- For muscle pain relief, heat is recommended unless there is significant inflammation and swelling.
- Cold therapy can help reduce pain and swelling in cases of injuries with inflammation.
- Avoid working in awkward positions, even if they seem convenient to the task.

Taking these preventive steps not only reduces the risk of injury but also supports long-term health and well-being, ensuring that employees can perform their tasks comfortably and efficiently.

Source: [CCOHS](#)



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