

Preventing musculoskeletal disorders (MSDs)

Avoiding common hazards

- MSDs is an umbrella term that includes injuries of muscles, tendons, ligaments, bones, and nerves
- Knowing these usual causes for MSDs can keep you and others healthy and safe at work



Fixed positions
muscles become overtired making them more prone to injury



Repetition
same joints and muscle groups doing the same motion too often, too quickly or for too long



Force
when a task requires a level of effort that is too high for any muscle it can cause damage



Awkward postures
joints are further from their neutral position where there is more strain



Combination
performing tasks with more than one of these hazards increases MSD risk



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