

# 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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