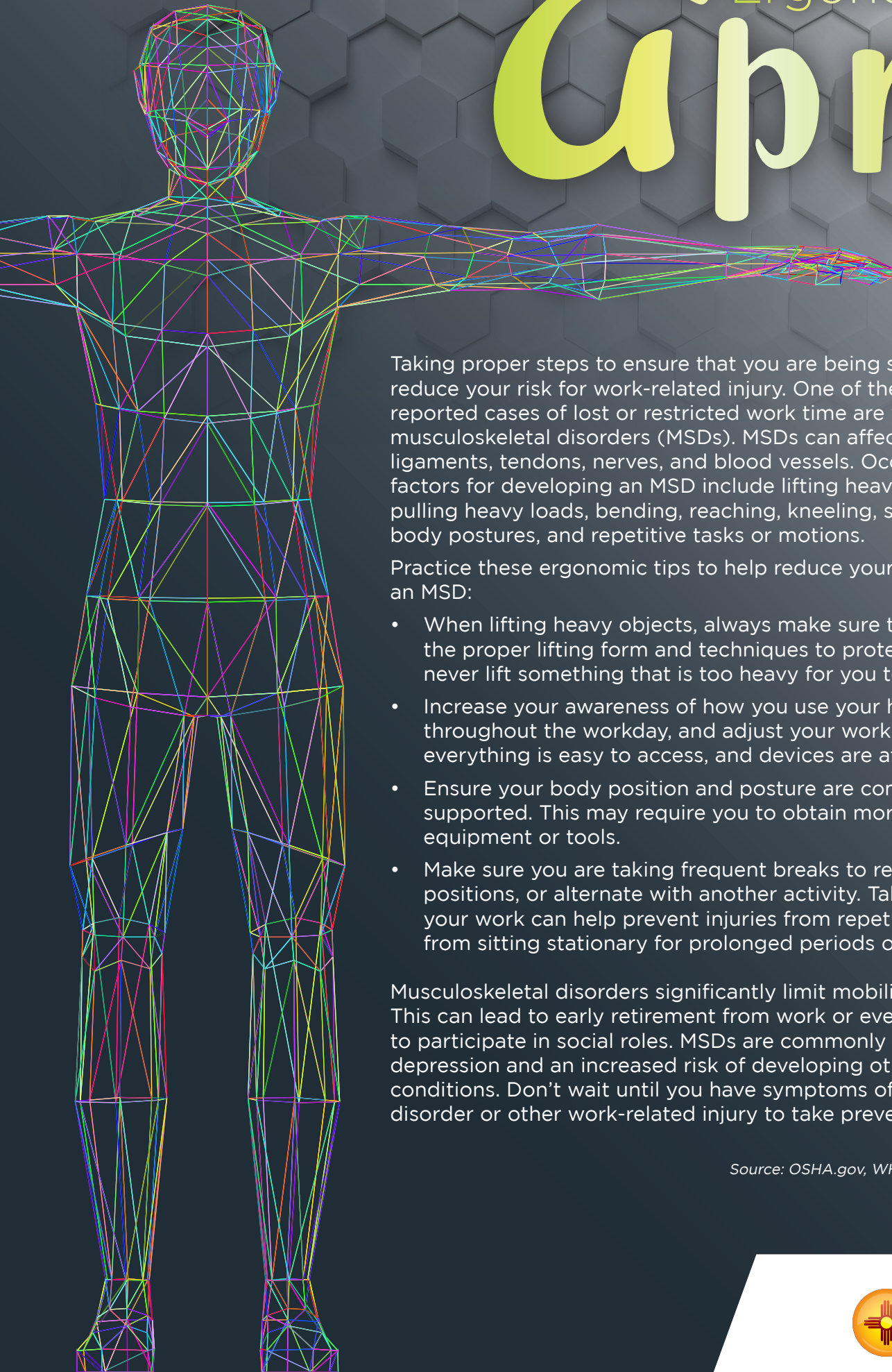


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Taking proper steps to ensure that you are being safe at work can reduce your risk for work-related injury. One of the most frequently reported cases of lost or restricted work time are work-related musculoskeletal disorders (MSDs). MSDs can affect your muscles, ligaments, tendons, nerves, and blood vessels. Occupational risk factors for developing an MSD include lifting heavy items, pushing or pulling heavy loads, bending, reaching, kneeling, squatting, awkward body postures, and repetitive tasks or motions.

Practice these ergonomic tips to help reduce your risk of developing an MSD:

- When lifting heavy objects, always make sure that you are using the proper lifting form and techniques to protect your back, and never lift something that is too heavy for you to lift alone.
- Increase your awareness of how you use your hands and tools throughout the workday, and adjust your work station so that everything is easy to access, and devices are at eye level.
- Ensure your body position and posture are comfortable and supported. This may require you to obtain more ergonomic equipment or tools.
- Make sure you are taking frequent breaks to rest, stretch, change positions, or alternate with another activity. Taking breaks from your work can help prevent injuries from repetitive motions or from sitting stationary for prolonged periods of time.

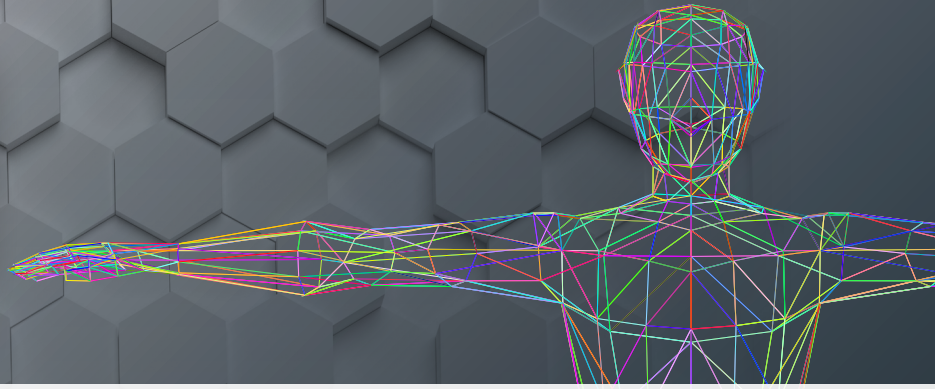
Musculoskeletal disorders significantly limit mobility and dexterity. This can lead to early retirement from work or even reduced ability to participate in social roles. MSDs are commonly linked with depression and an increased risk of developing other chronic health conditions. Don't wait until you have symptoms of a musculoskeletal disorder or other work-related injury to take preventive measures.

Source: OSHA.gov, WHO.gov, Healthwise.org



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Stretches You Can Do At Work

It's not always easy to find the time to take care of aches and pains, but you can stretch anywhere! One of the ways you can help prevent work-related injuries is to take small breaks from your work activities. Here are some stretches you can do on your break to help release tension throughout your body.

Wrist Release



- Extend your right arm, palm up.
- Gently pull your fingers down and back with your left hand.
- Switch hands and repeat.

Open Shoulders



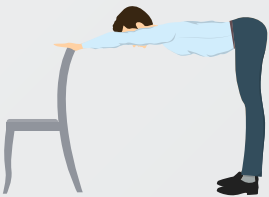
- Sit up straight on the edge of your chair.
- Drop one arm to the side.
- With a straight back, raise the dropped arm over your head and lean to the opposite side.
- Switch sides and repeat.

Low Back Release



- Turn sideways in a chair.
- Hold the back of the chair with the arm closest to it.
- Gently twist the front of your body toward the back of the chair.
- Reach your other arm to the opposite knee or farther if you can manage it.

Half Downward Dog



- Stand facing the back of your chair.
- Place your hands on the back of the chair.
- Step back as far as you can.
- Try to keep your arms and legs straight as you stretch your spine.