

4 WEEK Injury Prevention Challenge



Identify MSD Hazards

According to the CDC, examples of *physical risk factors* for work-related musculoskeletal disorders can include:

- Awkward postures (neutral is best!)
- Overhead work
- Twisting and carrying loads
- Contact stress
- Poor shoulder and wrist posture (neutral is best!)
- Lifting bulky loads
- Whole body vibration

It's important to note that work-related musculoskeletal disorders can occur from a combination of factors. Frequency, intensity, and duration of the task can also affect risk.

The CDC also suggests that additional factors inside and outside of work can affect MSD risk:

- Fatiguing workload
- Repetitiveness
- High mental demand
- State of personal health
- Personal life and/or workplace stressors
- Individual worker factors

Once you've identified a MSD hazard in your workplace, consider solutions to eliminate or lessen exposure to that hazard if possible. There may be more than one mitigation technique, and techniques may be combined (ex: more rest breaks, use a different tool for job). Consider talking over potential solutions with your team and supervisor. You can find more information from the CDC [here](#).

