



# 4 WEEK Injury Prevention Challenge



## Week 1: Ergonomic Awareness



Each day this week, check and make adjustments to make your workstation more ergonomic. Better yet, take a picture of yourself at your workstation! Check out the handout for more information.

Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐

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## Week 2: Stretch Breaks!

Each day this week, take a 5-10 minute movement & stretch break. Perform the dynamic stretches provided or other movement of your choice!

Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐

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## Week 3: Safe Lifting

Practicing safe lifting is essential to protecting the low back! Each day this week, practice safe lifting techniques. If you don't regularly lift as a part of your job responsibilities, practice proper lifting at home.

Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐

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## Week 4: Check for MSD Hazards

Each day this week, be intentional about observing and doing what you can to fix MSD hazards in your workspace. Check out information in the resources - some MSD hazards may surprise you!

Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐