



4 Week Injury Prevention Challenge

ALL^{ONE}
Wellness

According to the Bureau of Labor Statistics, about 30% of days away from work are due to musculoskeletal disorders (MSD). Musculoskeletal disorders often occur from repetitive motion or overexertion, vibrations, or awkward postures. Low back, shoulder, and neck are the most common locations of injury. Whether you are doing physical labor or have primarily a desk job, we all are at risk of developing a MSD.

This 4 week challenge will encourage, motivate, and educate you to take a look at how you work to prevent musculoskeletal injuries in order to move better and feel better!

Each week will cover a different area of focus:

Week 1: Observing and adjusting your workstation ergonomics

Week 2: Taking regular movement & stretching breaks

Week 3: Proper lifting technique

Week 4: Checking for workplace musculoskeletal hazards

Complete the tasks for each week, submit your activity sheet to ahohenstein@duluthmn.gov and receive 250 points towards your Bridge to Wellness incentive.

