



Preventing musculoskeletal disorders (MSDs)

Tell your employer as soon as you notice MSD symptoms arising from work - for example



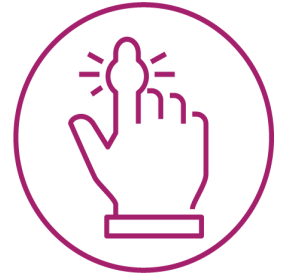
pain



tenderness



reduced motion



swelling

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