

# Preventing musculoskeletal disorders (MSDs)



## Avoiding common hazards

- MSDs is an umbrella term that includes injuries of muscles, tendons, ligaments, bones, and nerves
- Knowing these usual causes for MSDs can keep you and others healthy and safe at work



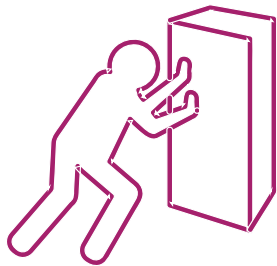
### Fixed positions

muscles become overtired making them more prone to injury



### Repetition

same joints and muscle groups doing the same motion too often, too quickly or for too long



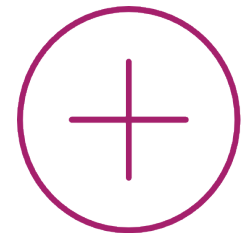
### Force

when a task requires a level of effort that is too high for any muscle it can cause damage



### Awkward postures

joints are further from their neutral position where there is more strain



### Combination

performing tasks with more than one of these hazards increases MSD risk