

# Health and Wellness Awareness

Implemented concepts



Ergonomics

# What are Work-Related Musculoskeletal Disorders

- Musculoskeletal disorders (**MSD**) are injuries or disorders of the muscles, nerves, tendons, joints, cartilage, and spinal discs. Work-related musculoskeletal disorders (**WMSD**) are conditions in which:
  - >The work environment and performance of work contribute significantly to the condition; and/or
  - >The condition is made worse or persists longer due to work conditions
- Most common are back injury, back pain, and arthritis.

[www.cdc.gov](http://www.cdc.gov)

# Risk factors

- **Risk factors** causing MSDs depends on the type of work, the most common being:
  - Fixed or constrained body positions.
  - Continual repetition of movements.
  - Force concentrated on small parts of the body, such as the hand or wrist.
  - A pace of work that does not allow sufficient recovery between movements
  - Carrying out a task for a long time
  - Work with display screen equipment

# How to report risk factors

- Early reporting of symptoms, proper treatment and suitable rehabilitation are essential to prevent WMSD.
- Employees are encouraged to report early any injuries, symptoms, or risk factors. Employees can report directly to their supervisor or their department's coordinator.

# Signs and symptoms

- **Early stage:** Aching and tiredness of the affected limb occur during the work with no reduction of work performance.
- **Intermediate stage:** Aching and tiredness occur early in the work shift and persist at night and reduced capacity for repetitive work
- **Late stage:** Aching, fatigue, and weakness persist at rest. Inability to sleep and to perform light duties

# Proper posture while working

- Adjust the height of your chair so that your feet rest flat on the floor and your thighs are parallel to the floor. To avoid spinal stress you should do your very best to sit upright, making sure that your upper back is straight and that your lower back curves to the shape of the chair. Under the desk, make sure there's clearance for your knees, thighs and feet.
- Adjust armrests so your arms gently rest on them with your shoulders relaxed. Keep your arms at a 90 degree angle, in a comfortable resting position.

- Keep key objects — such as your telephone, stapler or printed materials — close to your body to minimize reaching. Place your mouse within easy reach and on the same surface as your keyboard. Place the monitor directly in front of you, about an arm's length away. The top of the screen should be at or slightly below eye level.