

WORKSPACE

PREVENTING WORK-RELATED MUSCULOSKELETAL DISORDERS

RISK FACTORS

- Body stressing caused by poorly executed lifting, pushing, pulling or bending
- Falls, slips and trips
- Being hit by moving objects
- Mental stress
- Non-ergonomic desk and computer setup
- Poor posture, prolonged standing and extended driving of vehicles

PREVENTION

- Improve posture
- Promote regular breaks exercise, stretching and strengthening
- Establish ergonomic workspaces
- Implement task-specific changes and equipment modifications
- Consistent education in manual handling/lifting techniques
- Balance work hours and workloads to improve workplace culture and limit mental stress

Don't let WMSDs hold you back. Adjust your thinking and consult an ACA chiropractor for diagnosis and effective, drug-free treatment to help improve movement and ease discomfort.



For free factsheets, podcasts and to consult an ACA chiropractor visit

workspaceweek.org.au

