



## Prevent Musculoskeletal Disorders

**Musculoskeletal Disorders (MSDs)** affect muscles, tendons, nerves, joints, ligaments, cartilage, and discs in the spine. They do not result from slips, falls, or similar accidents. Common Work-Related Musculoskeletal Disorders (WMSDs) are low back pain, carpal tunnel syndrome, and tendonitis. These are caused by:

- Repeating the same motion. This can result in **Repetitive Motion Injuries**. (See at [www.HealthyLearn.com](http://www.HealthyLearn.com).)
- Awkward or static postures
- Using a great deal of force to do a job
- Vibration

WMSDs can be prevented or reduced using **ergonomics**. This is the science of fitting the job to the worker.

One way to prevent and deal with WMSDs is to use proper workstation positions. (See **Proper Position and Support for Computer Users** at [www.HealthyLearn.com](http://www.HealthyLearn.com).)

### Other Workstation Proper Positions

- Keep your head upright and your ears, shoulders, and hips in a straight line.
- Keep your work within reach without having to stretch or strain your arms, shoulders, or back. Don't stretch to reach items on an assembly line. Wait for the items to reach you.
- Change positions or tasks often. This avoids repeated stress on a single body part.
- Use the proper tools for the job. Use tools made to reduce vibration and/or pressure, if needed.