



How would YOU handle it?

Day 3

Pain and Discomfort

Prolonged sitting is a negative result of sedentary, desk jobs. Repetitive typing, data entry and mousing can lead to various MSIs if left uncontrolled. It's important that you know the early signs and symptoms of MSIs, and how to report these signs to your supervisor. How would you handle pain and discomfort? These are the steps to follow:

- Report musculoskeletal pain/discomfort symptoms to your supervisor as soon as possible
- Make appropriate changes to your workstation/job tasks that are within your control.
 - Look at:
 - Chair
 - Keyboard/mouse
 - Monitor
 - Desk
 - General work area
 - Telephone
 - General work practices and job variety
- Work with your supervisor to monitor and revise the controls as required.
- Alternate your tasks and posture.
- Take frequent microbreaks; and your regular 15 minute breaks and lunch breaks.