



How would YOU handle it?

Day 1 Planning your work day

Musculoskeletal health begins with prevention. Remember, an ounce of prevention is worth a pound of cure. Start small and begin working healthy habits into your day to reduce your risk of musculoskeletal injuries (MSI). Healthy habits protect against most MSIs and can provide us a long, healthy and happy life.

Learn and practice ways to reduce your risk of MSIs:

- Avoid sitting and standing for long periods of time and working in awkward postures. Take frequent micro-breaks to reset your body and get blood flowing to muscles, tendons, ligaments and other soft tissues.
- Reduce the time you spend on one task by switching up your tasks every 20 to 30 minutes
- Find ways to minimize the stress and muscular energy the body uses to complete tasks
- Eat nutritious meals
- Get regular exercise
- Drink water throughout the day
- Aim to get eight hours of sleep every night

Fueling your body and maintaining good health reduces your risk of MSIs.