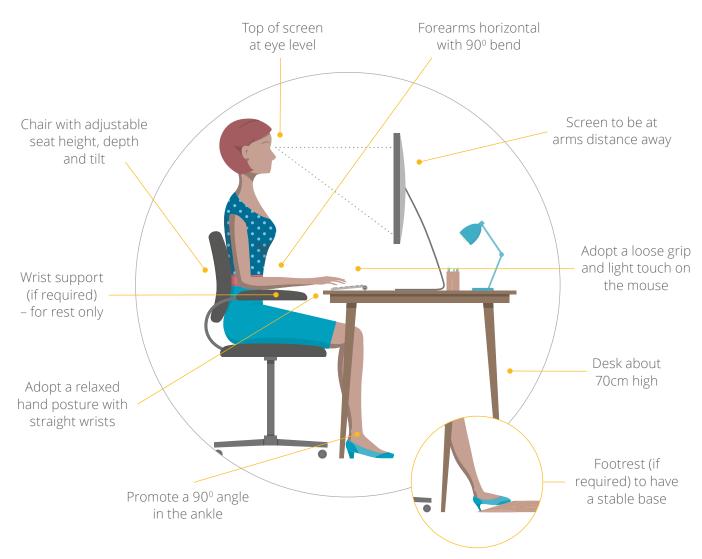


## **MUSCULOSKELETAL DISORDERS (MSDs)**

## **Ergonomics** information

Prolonged or improper use of a poorly-designed workstation increases the risk of MSDs. Employees should receive education and take ownership of their desk set up to reduce the risk and prevent MSDs.

The following points show key ergonomic principles to implement and review on a quarterly basis.



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