



On-The-Job Injuries

Smooth Moves Increase Worker Safety & Productivity

- Let supervisors know if you're hurting
- Use anti-fatigue mats if standing for a long time
- Alternate repetitive and non-repetitive tasks
- Switch between manual and sedentary tasks
- Alternate using different muscle groups
- Increase breaks from repetitive work
- Become involved identifying problems & solutions

At Risk Tasks Include...

- Lifting heavy items
- Bending
- Reaching overhead
- Pushing and pulling heavy loads
- Working in awkward body postures
- Use of vibrating machinery
- Performing repetitive tasks

According to the Bureau of Labor Statistics (BLS) in 2015, musculoskeletal disorders (MSDs), such as sprains or strains resulting from overexertion in lifting, accounted for 31 percent (356,910 cases) of the total cases for all workers.