



## Work shouldn't hurt

- We all suffer occasional pain and discomfort at work, but work shouldn't hurt.
- After attending to workers' pain and discomfort, take action to control MSD hazards.
- Talk with your supervisor, manager or boss if you have pain at work.
- Use this diagram to help map pain and discomfort patterns in your workplace.



# Work shouldn't hurt

## WHAT TO DO IF WORKERS HAVE PAIN

- Workers should talk with their supervisor, manager or business owner about their pain at work and possible causes.
- Attend to worker's pain and discomfort.
- Pain that doesn't disappear before the start of work on the next day or continues over a weekend is a signal to speak up immediately.
- Use the discomfort diagrams with individuals or groups of workers to pinpoint areas in the body of concern.

## DID YOU KNOW?

- We all suffer occasional pain and discomfort, but work shouldn't hurt.
- MSD hazards can lead to fatigue, discomfort, pain and even disability in muscle, tendons nerves and ligaments. These hazards can also make previous MSD problems worse.
- A job that overloads the body and doesn't allow it to recover and adapt, leads to discomfort, pain and disability after weeks, months or years.
- We all have different bodies. We shouldn't be surprised that some people develop pain and discomfort in a job with MSD hazards while another person may not.

### **JOHN'S SORE NECK WAS GETTING WORSE...**

John talked with his boss and realized that he was leaning forward in his chair with his head tilted backwards – a “pigeon neck” posture. The *Quick Start Guide* helped them understand the underlying problems: his monitor was too far away and his bifocals were an old prescription. After readjusting the screen and getting new glasses, John's neck soon felt better.

### **IMPROVE WORK**

- Ask yourself and others, “*Why do people feel fatigued or sore when doing office work?*” and keep asking “why” until you get a good answer!
- Once the underlying cause of the problem has been identified, employees and managers working together can control hazards and improve work best.
- Use these ideas for any office work, whether in an office building, home office, automobile or in the field.

### **What are we going to do today to make our workstations and workspace better?**

*Whatever changes you make, check that you are not creating any new problems.*

---

---

---