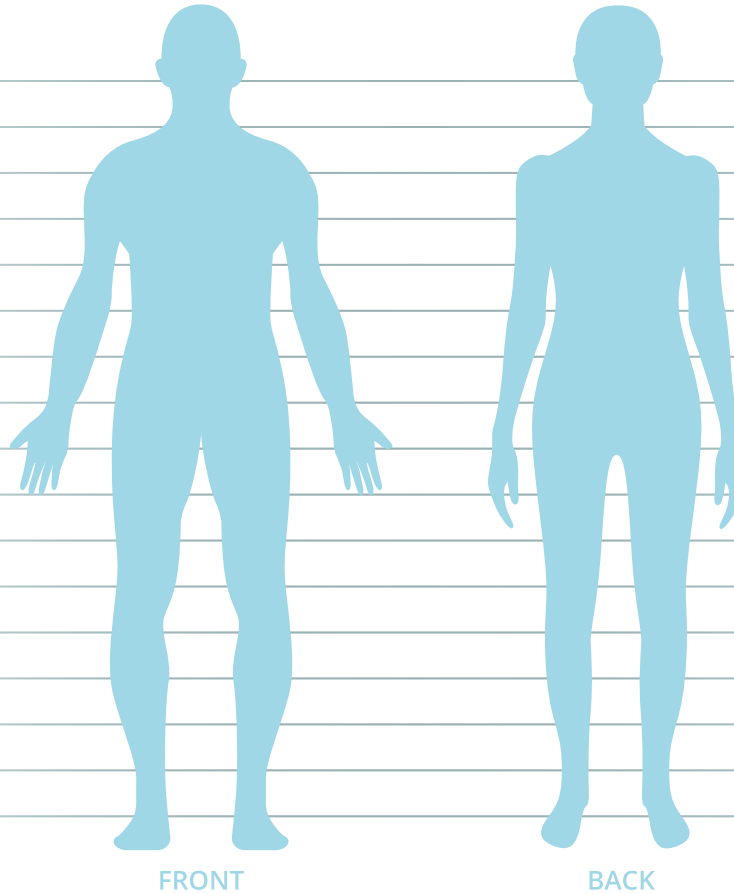


7



## Work shouldn't hurt

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



# Work shouldn't hurt

## What to do if workers have pain

*Use these ideas to improve tasks at work and at home.*

- Workers should talk with their supervisor, manager, or boss about their pain at work and possible causes.
- Pain that doesn't go away before the start of the next workday, or continues over a weekend, should be reported immediately.
- Use the body diagrams with individuals or groups of workers to locate body areas of concern.
- Work to eliminate or reduce the six hazards described in this Quick Start Guideline.

## Did you know?

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

## Improve your workplace

- Keep asking yourself and others, "Why do I hurt when I do this job or task?" until you understand the problem.

What are we going to do today to eliminate pain and discomfort at work?

1

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2

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3

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