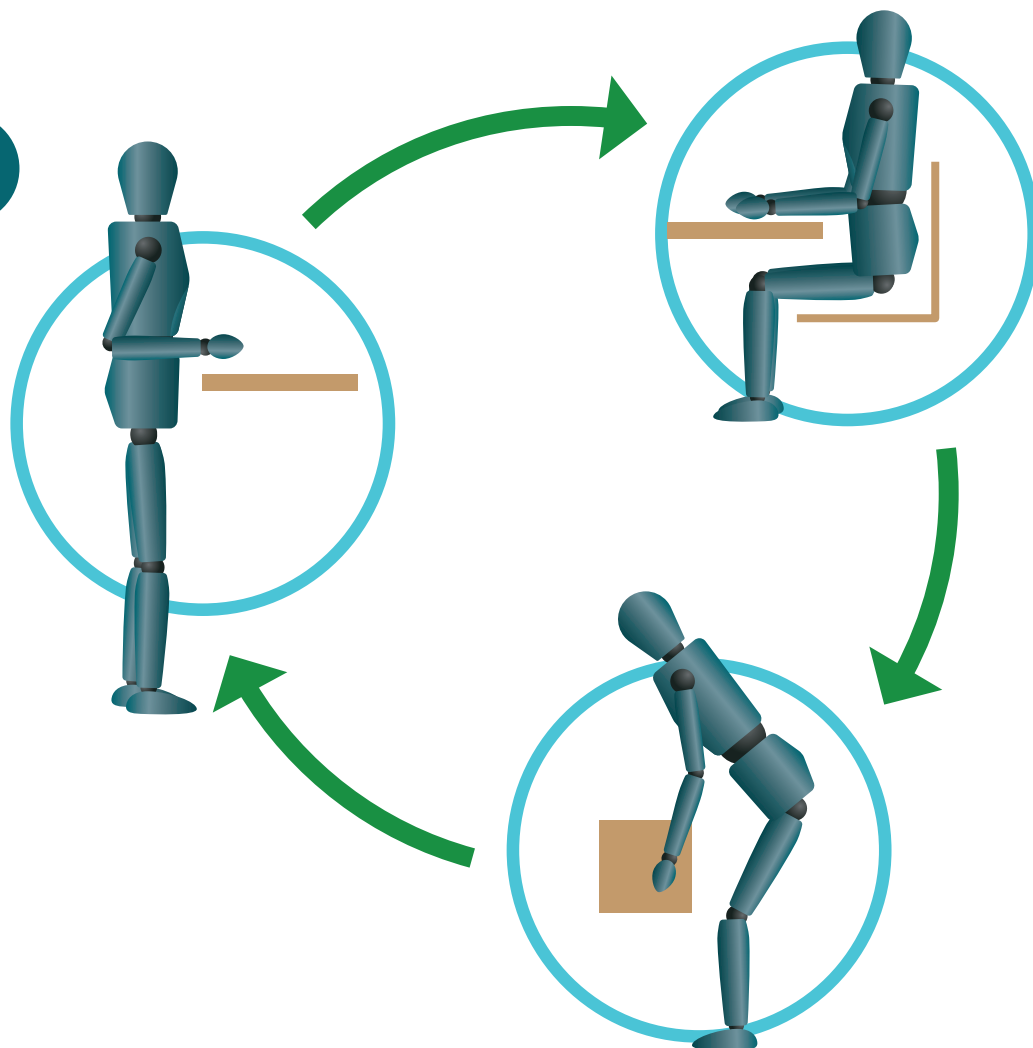


6



Change it up

- Include micro breaks in your tasks for body recovery and fatigue prevention.
- Rotate different tasks to provide working rests.
- Fatigue can occur during long duration efforts and repetitive tasks.
- Tasks that have MSD hazards and little recovery time have a high priority for change.



For more info visit:
msdprevention.com

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Centre of Research
Expertise for the
Prevention of
Musculoskeletal Disorders

**Work
shouldn't
hurt**

Change it up

Ideas for a healthy body

Use these ideas to improve every task at work and at home.

- Design work so that there are working rests, micro breaks and different activities built in that allow the body to recover.
- Even a seemingly light task, like using a computer mouse, needs recovery time built in.
- Organize your day to include a range of different tasks. Switch between tasks that load different parts of the body.
- Organize work so that workers have the flexibility to vary their activities, allowing for recovery when they need it.
- Rotate your workers between tasks on a regular basis without exposing them to tasks with high MSD hazards.
- Job rotation should not be the only fix for MSD hazards. Work to eliminate or reduce the hazards themselves.

Did you know?

- Repeated or sustained work with little chance for the body to recover can lead to fatigue and muscle, tendon, or ligament disorders.
- Repetitive work or holding one position can reduce recovery. Well-organized work can let one part of your body recover while another performs a different task.
- To help assess a task, look at whether there are recovery times or pauses built in, not only the production rate or repetitiveness.
- Changing activities and rests built into the job allow the body to recover.

Improve your workplace

- Ask yourself and others, “Why does the job not have recovery time built in?” until you get to the bottom of the problem.

What are we going to do today to improve recovery time for our body?

1

2

3

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