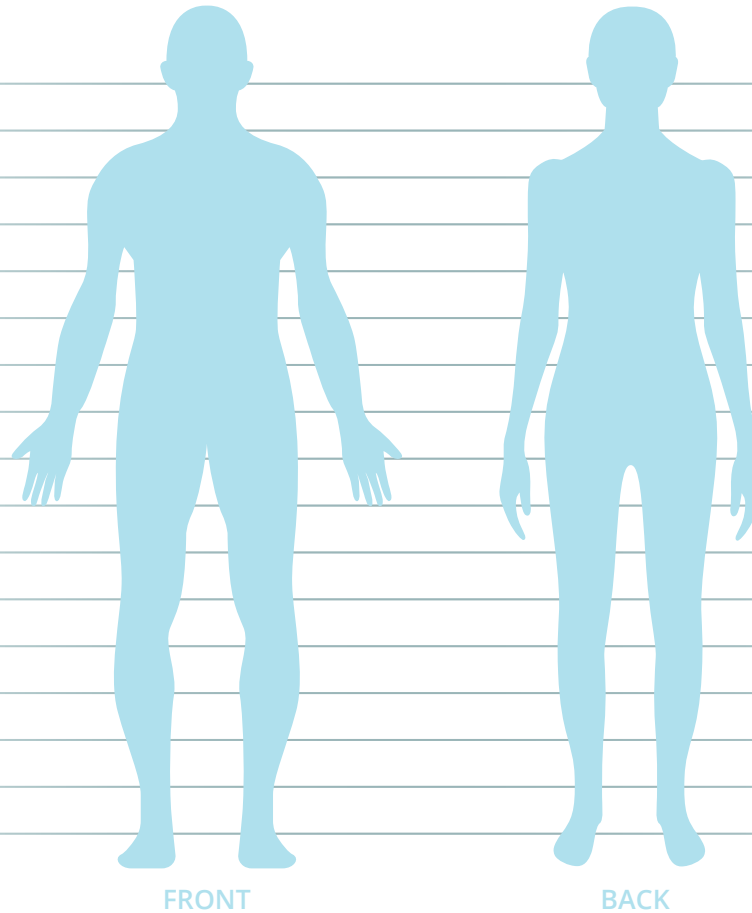


7



Work shouldn't hurt

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



For more info visit:
msdprevention.com

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Centre of Research
Expertise for the
Prevention of
Musculoskeletal Disorders

**Work
shouldn't
hurt**

Work shouldn't hurt

What to do if workers have pain

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

- Workers should talk with their supervisor, manager or business owner about their pain at work and possible causes.
- Pain that doesn't disappear before the start of work next day or continues over a weekend should lead you to speak up immediately.
- Use the discomfort diagrams with individuals or groups of workers to pinpoint areas in the body of concern.
- Work to eliminate or reduce the six hazards described in this introductory Guideline.

Did you know?

- MSD hazards can lead to fatigue, discomfort, pain in muscles, tendons, nerves and ligaments, and disability. 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 suffer occasional pain and discomfort, but work shouldn't hurt.
- 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.

Improve your workplace

- Ask yourself and others, "Why do I hurt when I do this job or task?" until you get to the bottom of the problem.

What are we going to do today to fix back pain, shoulder tendinitis, tennis elbow and other MSD at work?

1

2

3

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