

Protect Your Body

Let's prevent MSI at work!

Musculoskeletal Injury (MSI) is an injury to muscles, joints, or soft tissues — such as sprains and strains — caused or worsened by work tasks like repetitive motion, awkward posture, or heavy lifting.

Stay aware, know the risks, and keep healthy.

Spot the risks in your clinic

- Sitting or standing without movement for long hours.
- Awkward posture (slouching, leaning, twisting, holding the phone between ear and shoulder).
- Repetitive motions (typing, clicking, charting).
- Contact stress (wrists on hard desk edges).
- Heavy lifting (boxes or supplies).

Watch for signs and symptoms

- Stiffness or pain in neck, shoulders, or back.
- Tingling or numbness in hands or wrists.
- Swelling, weakness, or reduced mobility in affected areas.

Take action

- **Adjust** your chair, desk, and monitor to fit you.
- **Stretch** frequently.
- **Move** around for a few minutes every hour of sitting.
- **Report** workspace ergonomic issues to your supervisor.
- **Use** risk controls such as headphones (avoid phone cradling), footrests (adjust chair height), a step stool/ladder (avoid overhead reaching), or a dolly (move heavy loads).



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