

# ERGONOMIC SAFETY

*“safety is a core value and business priority”*

## Resetting the Injury Clock

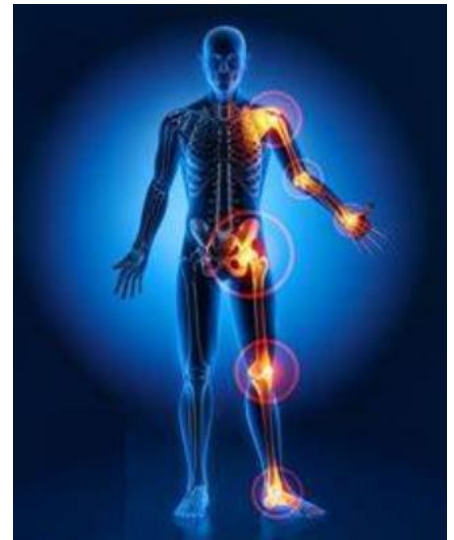
Preventing a Musculoskeletal Injury (MSI) is always the best solution, but if you experience any early warning signs (such as pain, numbness or swelling) it is important to be proactive.

**Because many MSI injuries progress slowly, they can be reversed quickly if they are caught early.** This is referred to as “resetting the injury clock”.

If you reset the injury clock soon enough and often enough, serious MSI injuries can be avoided.

### Prevention:

- ✓ Exercise to strengthen supporting muscles
- ✓ Maintain correct posture (back straight, joints in alignment)
- ✓ Alternate positions whenever possible – avoid extreme postures
- ✓ Stretch!
- ✓ Get help with heavy lifting – either mechanical, or another person
- ✓ When lifting or moving objects – keep them as close to your body as possible.



## You have early warning signs – now what??



- ✓ If you experience MSI symptoms, report it to your supervisor as soon as possible. **Don't wait until the pain is preventing you from working!**
- ✓ Steps can be taken to allow you to heal at work & prevent further injury
- ✓ Modified duties, alternate duties, job rotation or preventative taping are all possible solutions that can help you work while you reset your injury clock.



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