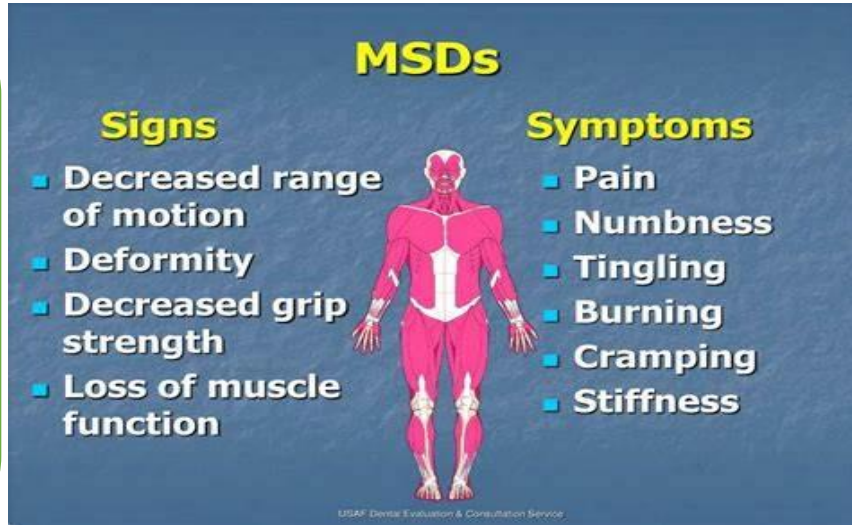


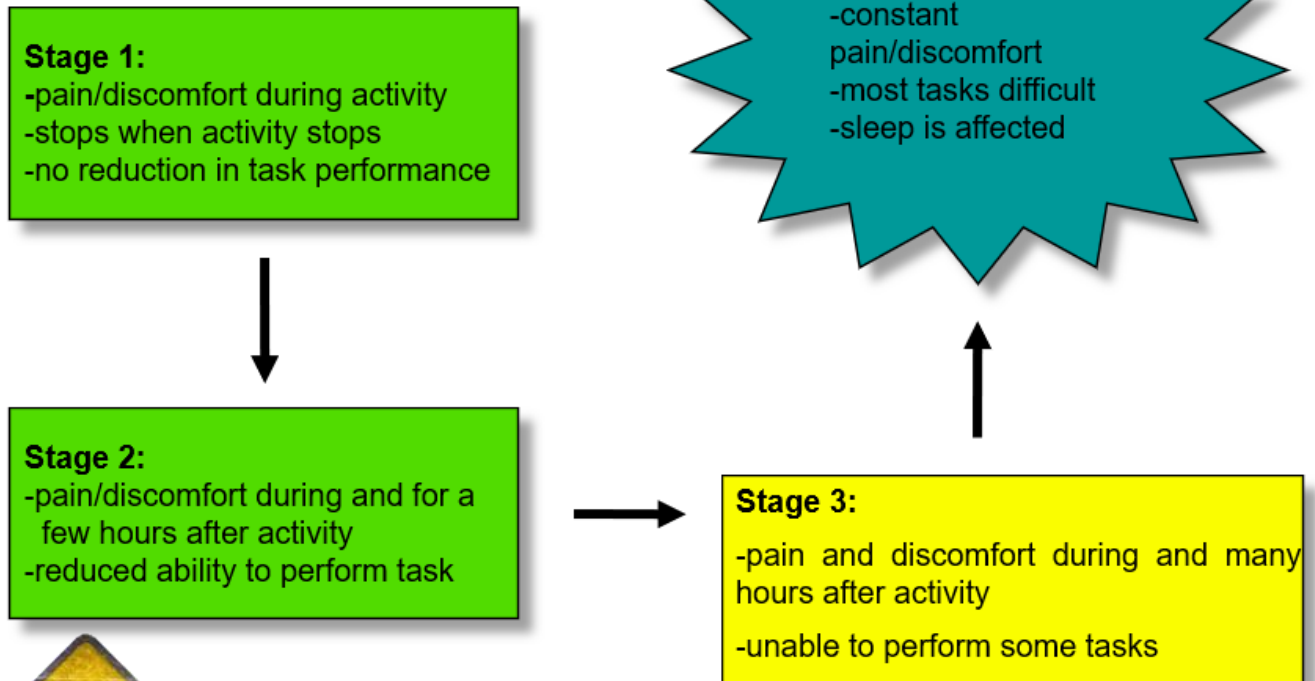
# Musculoskeletal Disorder

## Signs and Symptoms

Early signs and symptoms of an MSD vary but can include pain (with or without movement), swelling and tenderness, reduced range of motion or joint stiffness, tingling or numbness. It can come on suddenly or gradually overtime. The more you familiarize yourself with the signs and symptoms can help to prevent and lessen the severity of the injury.



## Signs and Symptoms of MSDs



Supervisor  
Crew  
Talk

*"Safety is a Core Value and Business Priority"*



**West Fraser**