

Stop at Discomfort

Supervisor
Crew
Talk

Discomfort can be a warning sign of a developing musculoskeletal disorder, don't ignore it!

If you feel physical discomfort while working (tightness, numbness, tingling, etc.) stop the work (if safe to do so) and speak to a medical provider as soon as possible!



Managing discomfort early helps prevent it from developing into a serious musculoskeletal injury!

Benefits of early management and treatment:

- Faster recovery
- Safer work environment
- Prevents working while distracted
- Reduces the risk of a long term or permanent injury



“Safety is a core value and business priority”

 **West Fraser**