

# 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**