



**Worker Wednesday**



**Musculoskeletal injuries**



**2024**

**Swipe**





#WorkerWednesday

## Worker Wednesday

**Musculoskeletal injuries (MSI) are a broad term that refers to any injury to, or disease of, the musculoskeletal system.**

They can include:

- sprains and strains of muscles, ligaments, and tendons
- back injuries
- nerve injuries or compression (e.g. carpal tunnel syndrome), and
- injuries from hand-arm vibration.

Talk to your employer about how they are managing the risks of MSIs in your workplace today.