

WORK RELATED MUSCULOSKELETAL DISORDERS



WHAT ARE MUSCULOSKELETAL DISORDERS?

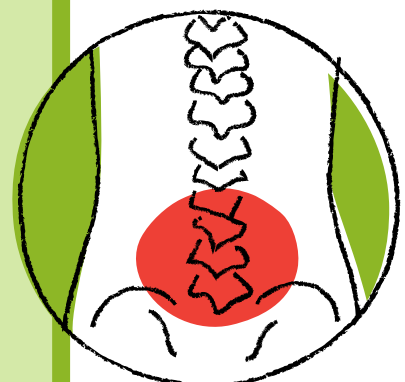
*INJURIES OR DISORDERS OF THE MUSCLES, NERVES, TENDONS, JOINTS, CARTILAGE, AND SPINAL DISCS

*[HTTPS://WWW.CDC.GOV/WORKPLACEHEALTHPROMOTION/HEALTH-STRATEGIES/MUSCULOSKELETAL-DISORDERS/INDEX.HTML](https://www.cdc.gov/workplacehealthpromotion/health-strategies/musculoskeletal-disorders/index.html)

COMMON MUSCULOSKELETAL DISORDERS:

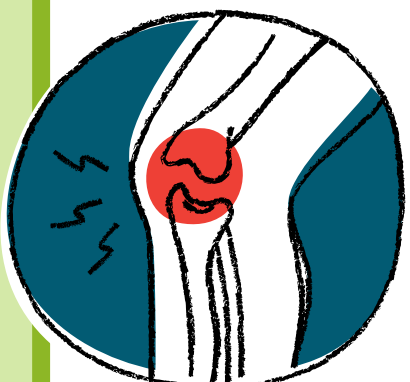


- CARPAL TUNNEL SYNDROME

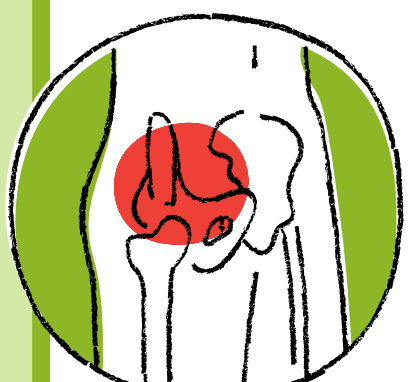


- TRIGGER FINGER
- TENDINITIS

- DE QUERVAIN'S DISEASE



- MUSCLE STRAINS AND LOW BACK INJURIES



- TENSION NECK SYNDROME
- EPICONDYLITIS

WHAT ARE THE RISK FACTORS?

• OCCUPATIONAL ERGONOMIC STRESSORS

- REPETITIVE MOTIONS
- FORCEFUL EXERTIONS
- LONG-TERM AWKWARD POSTURES

• PERSONAL RISK FACTORS

- POOR WORK PRACTICES
- POOR MENTAL AND PHYSICAL HEALTH

