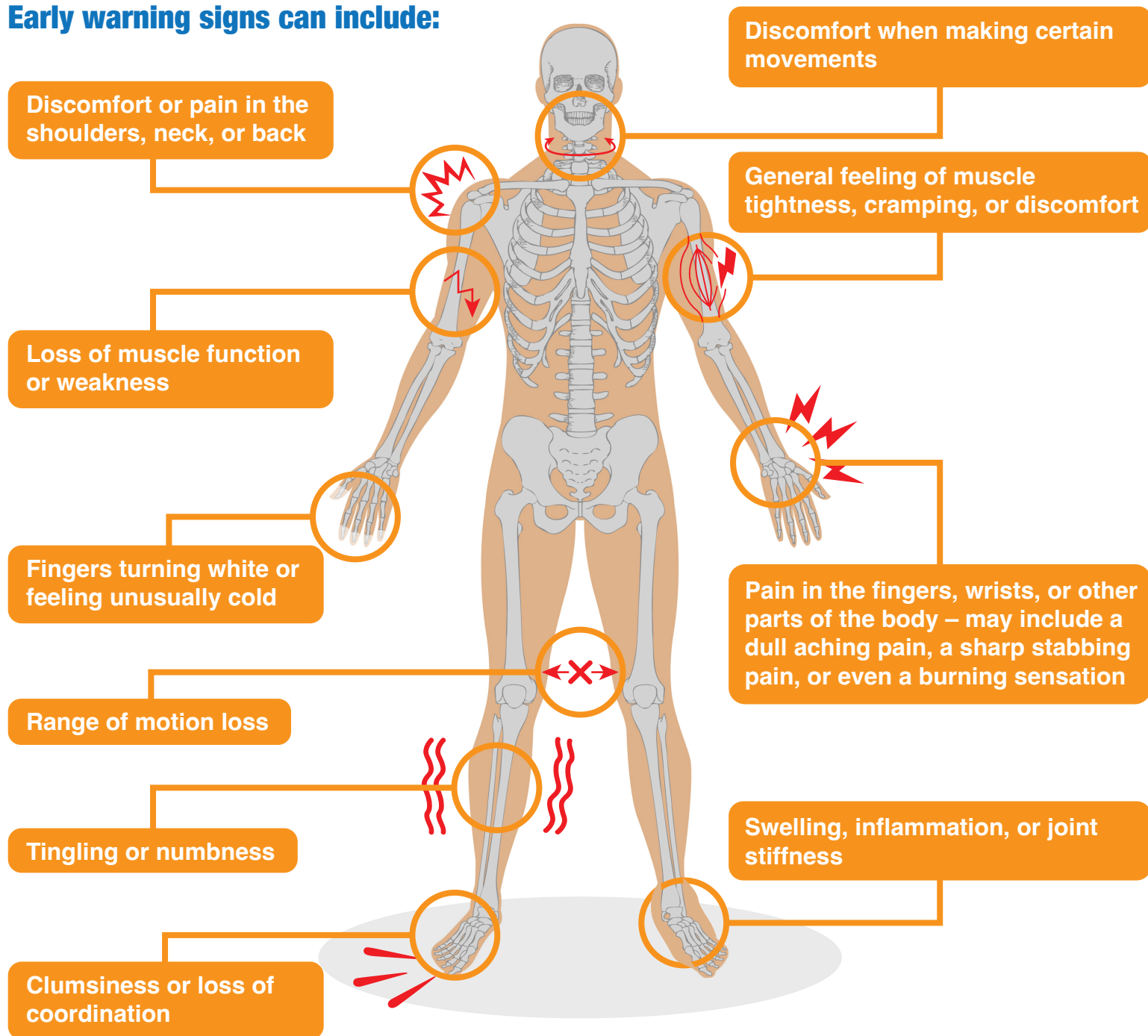


RECOGNIZE AND REPORT EARLY SIGNS OF MUSCULOSKELETAL DISORDERS

It is important to recognize when daily wear and tear develops into excessive fatigue and discomfort. Detecting the early warning signs of musculoskeletal disorders (MSDs) as early as possible will help you to take measures to help prevent an injury from occurring.

Early warning signs can include:



If you experience any of these warning signs and/or if you feel like you just can't fully recover from your previous work day... **TAKE ACTION!** Report any early warning signs of an MSD to your supervisor/manager to help prevent an injury in the future.