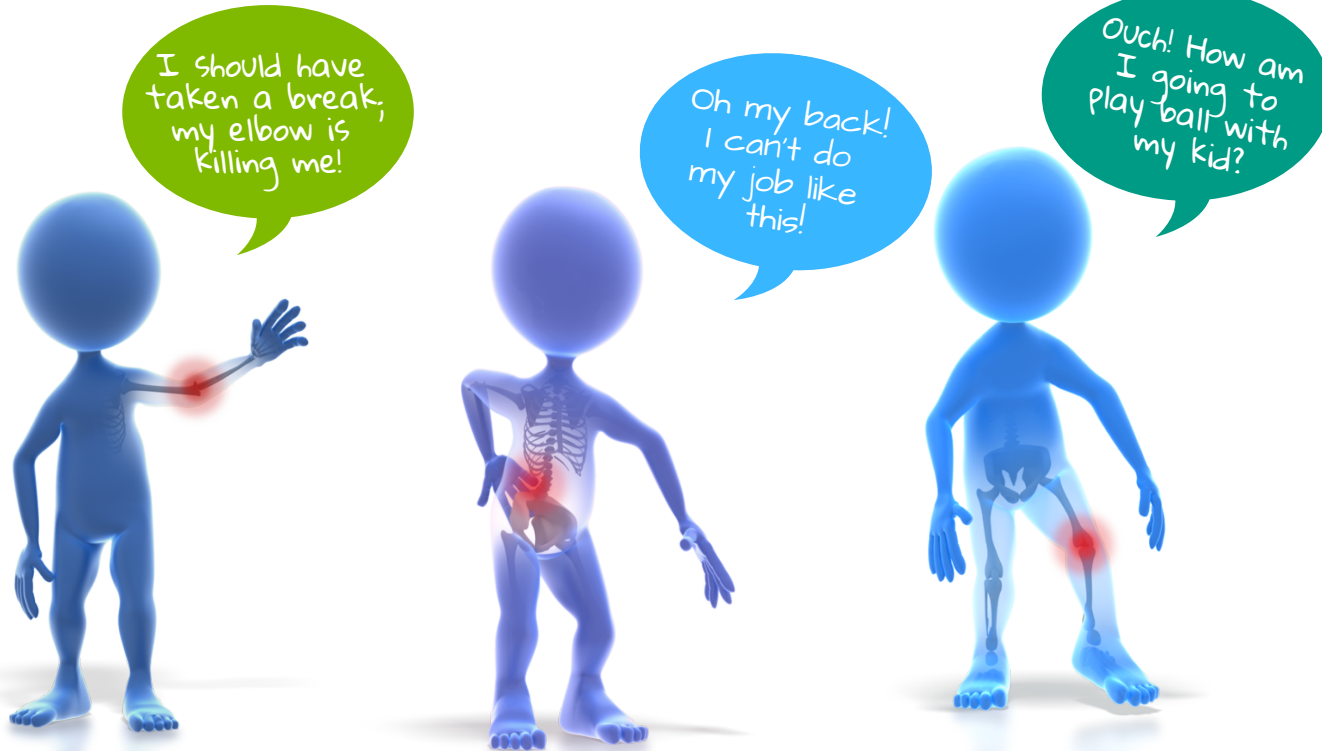


MSI & RSI at work



Musculoskeletal Injuries (MSI) or Repetitive Strain Injuries (RSI) are injuries or disorders of muscles, tendons, ligaments, joints, nerves, blood vessels or related soft tissue including a sprain, strain and inflammation, that may be caused or aggravated by work tasks.

REMEMBER to always use proper body mechanics while performing all tasks so you can stay healthy and safe at work and at home!

#MusculoskeletalInjury
#RepetitiveStrainInjury



**Continuing Care
Safety Association**