

Prevent Injuries

Musculoskeletal Health Challenge



ERGONOMICS

If your job requires sitting:



- Sit in a chair that supports your lower back.
- Position the chair so your knees are in line with your hips when your feet are planted on the floor.
- Sit close to your work so you are not inclined to lean or slouch forward.

If your job requires standing:

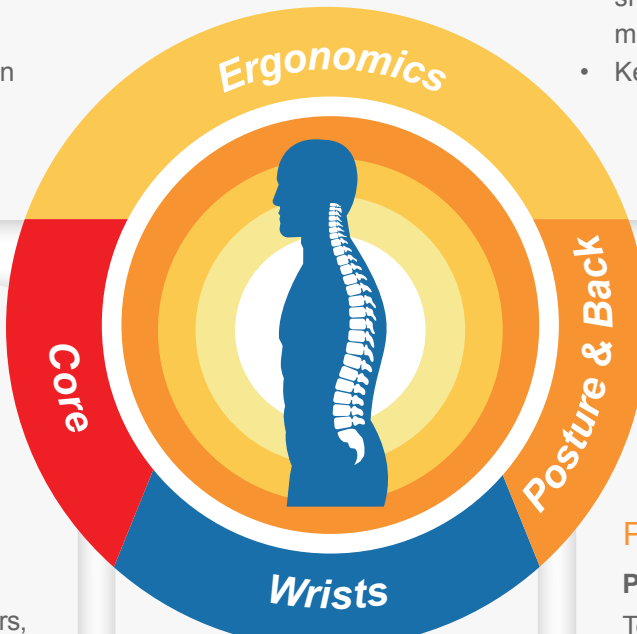


- Wear comfortable shoes and stand on a soft surface.
- Bring your work to a level where you will not have to bend.
- Change your position often and stretch.

If your job requires computer work:



- Position the screen so that it is slightly below eye level and positioned to reduce glare.
- Protect your hands by using shortcuts and dictation to minimize typing.
- Keep wrists in a straight line.



CORE

Your core muscles include the lower back, hip flexors and rotators, gluteals, and abdominals. It is important to build a strong core and back to improve balance and stability as well as to alleviate pain or reduce risk of injury.

- For every 30 minutes of sitting take a 5-minute break and perform hip flexors and isometric squats.
- Exercise your abdominal muscles every 2–3 days waiting 48 hours between sessions.



POSTURE & BACK

Posture

To prevent forward head posture, position your head so that your ears are aligned with your shoulders:

- Do several shoulder rolls and pull back your head and align with your shoulders.

Back

- When sitting for extended periods of time, do back stretches and take a short walk every 30 minutes.
- Perform back stretches at your workstation in addition to exercises that utilize a Thera-Band.
- When lifting objects, follow safe lifting practices.



WRISTS

- Take a 5-minute break for every 20 to 30 minutes of continuous keyboard or mouse usage.
- Perform hand and forearm stretches in addition to wrist exercises that utilize a Thera-Band.



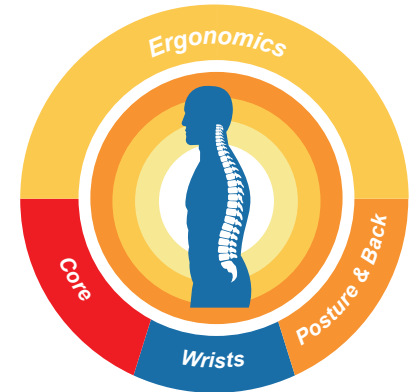
Musculoskeletal Health Challenge



Maintaining and enhancing musculoskeletal health is beneficial to prevent injury that can inhibit your physical activity levels and mobility, as well as minimize repetitive stress injuries including carpal tunnel syndrome, sprains, and strains.

My Pledge

I pledge to maintain and enhance my musculoskeletal health to prevent injury. I will pay attention to ergonomics, maintain a healthy head posture, and perform exercises that strengthen my back, wrists, and core so I can Live Well.



How the Challenge Works:

Jot down some musculoskeletal improvement strategies in these four areas that you are willing to try so that you can reduce your risk for injury.



Ergonomics



Posture & Back



Wrists



Core

1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

Record your Musculoskeletal Health activities:

Use a check mark in the color-coded boxes to record the days that you paid attention to Ergonomics and did exercises to protect and strengthen your Posture & Back, Wrists, and Core. Use a star to record the days you maintained your musculoskeletal health well.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>