

Because work shouldn't hurt...

Musculoskeletal Disorders (MSD)

Musculoskeletal disorders (MSDs) represent the most common type of work-related disease in Europe. A musculoskeletal disorder is a painful affliction of the muscles, tendons, skeleton, cartilage, ligaments and nerves and is caused by tasks that lead to stress or injury. Work-related MSDs can be made worse by specific circumstances, such as work organisation and intensification or working time.

Main MSD causes

63%
Repetitive hand-arm movements

59%
Sitting

56%
Working with computers, laptops, etc

45%
Tiring or painful positions

32%
Carrying or moving heavy loads

20%

Vibrations from tools and/or machinery

9%

Lifting or moving people

Factors that can MAKE THINGS WORSE

Work organisation
Work intensification
Working time

EU legislation gives you a right to risk assessment

talk to your safety representative