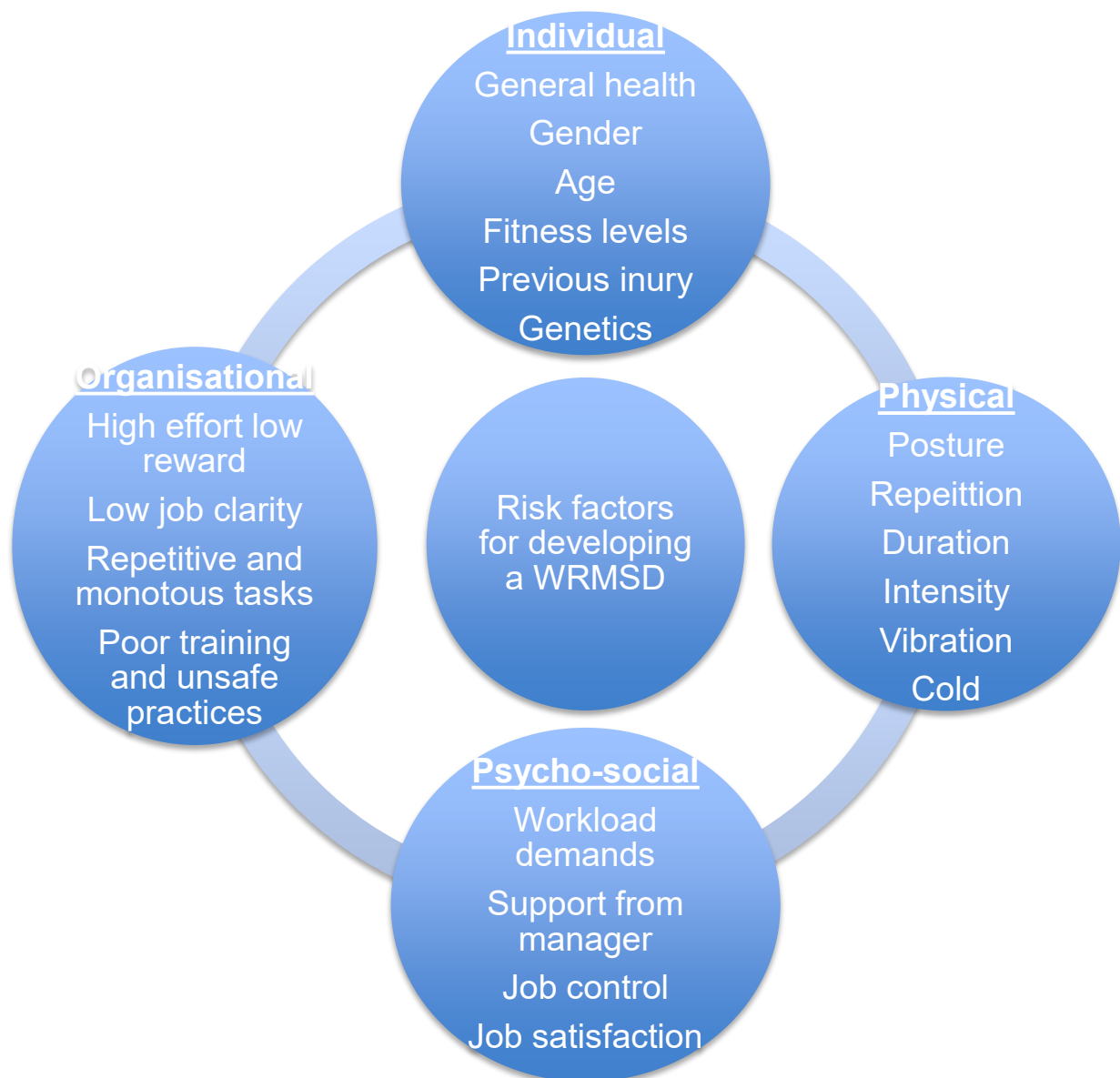


## WORK RELATED MUSCULOSKELETAL DISORDERS (WRMSDs)

Musculoskeletal disorders (MSD) are the most common cause of absence from work in the UK. Many risk factors are involved in developing a work related MSD and there is rarely a direct cause and effect relationship. Some of the various risk factors are depicted below:



With this in mind, individuals living with a MSD should take a proactive approach to the self management of their condition. Discuss your condition with your line manager and explore the possibility of having a workplace assessment. One of the most important things you can do to prevent work relevant musculoskeletal disorders is to maintain a good level of



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physical fitness. Aim to take about 30 minutes of exercise outside of work at least 5 days out of 7.