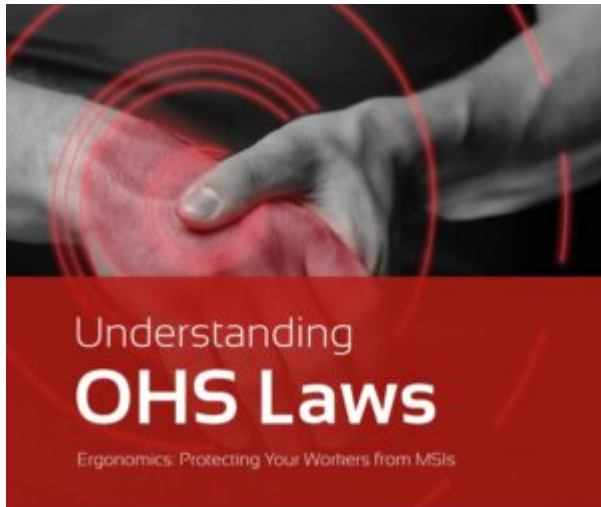


# 10 Commandments of Ergonomics



## **BENEFITS**

Feb. 29, 2016 is the 17<sup>th</sup> International Repetitive Strain Injury (RSI) Awareness Day. RSIs, also called musculoskeletal injuries or disorders (MSIs or MSDs), are injuries that affect tendons, muscles, nerves and joints, often in the neck, upper and lower back, chest, shoulders, arms and hands. The goal of this day is to raise awareness of RSIs, MSIs and MSDs, which is especially important for workers because they're one of the most common types of workplace injuries.

## **HOW TO USE THE TOOL**

Print out this handout and display it in the workplace near work stations, desks, etc. as a reminder for workers of good ergonomics practices to follow to prevent the development of MSIs.