

WORKERS WHO OFTEN  
LIFT, STOOP, KNEEL, TWIST,  
STRETCH, REACH OVERHEAD OR  
POOR WORKING POSTURE IN OFFICE



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..... ARE AT RISK OF DEVELOPING .....

# WORK-RELATED MUSCULOSKELETAL DISORDERS – MSDs

..... IF YOU HAVE THESE MSDs SYMPTOMS .....

BACK PAIN, NECK PAIN,  
SHOULDER STRAINS, SPRAINS  
CARPAL TUNNEL SYNDROME

# CONSULT

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AS SOON AS  
POSSIBLE!



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