



# ACHES PAINS AND STRAINS

We are not machines! Asking our bodies to do too much or repeated aches, pains or strains can cause serious, long-term or even permanent injury or disability.

- Musculoskeletal disorders (MSDs)
- Repetitive strain injuries (RSI)
- Back pain or injury

If you are hurting, aching or have a concern, speak with your safety rep.

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