

Be Pro-active with Your Pain.

Posted in: Ergonomics Early Intervention

We love Ben Franklin's definition of insanity, "... doing the same thing over and over again and expecting a different result."

Many of us ignore the gradual aches and pain, expecting them to magically disappear. You need to change what you are doing if you want to improve that ache, pain, tingling, numbness or reduced range of motion. If you hear someone in your workgroup or workplace talking about their pain, try and help point them in the right direction.

There are lots of ways to get help:

Tell them to talk to their supervisor or site safety representatives.

Encourage them to have their work habits and workstation layout assessed.

Encourage them to talk to a practitioner familiar with musculoskeletal disorder development (physio, athletic or massage therapists, sports medicine doctors – Chiropractor or GP).

What's MOST IMPORTANT is that your co-worker put their hand up and do something. Discomfort and pain can lead to more serious and long term conditions.



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This article was
written by ErgoRisk