

Get help for aches and pains

Posted in: Ergonomics Early Intervention

Put Your Hand Up – Get Help!

...doing the same thing over and over again and expecting a different result. -Ben Franklin

We are all pretty familiar with the signs and symptoms of injuries that come from something unexpected like a slip or a fall. We may not be so aware of warnings of a slow hurt. Injuries that take a long time to develop can take a long time to heal so it is best to deal with them early.

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.

There are lots of ways to get help:

- ✓ Ask you supervisor or site safety representatives.
- ✓ Have a professional ergonomist review your work habits and workstation layout.
- ✓ Talk to a practitioner familiar with musculoskeletal disorder development (physio, athletic or massage therapists, sports medicine doctors – Chiropractor or GP).
- ✓ Do some on-line reading at WorkSafeBC or CCOHS.



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written by ErgoRisk