

Musculoskeletal Injury Prevention (MSIP) Week is now Move Well – Work Well. Move Well – Work Well is from September 20-26, 2020.

Mark your calendar and take part by raising awareness in your workplace about the impact of repetitive strain and overexertion injuries. The Move Well - Work Well slogan



is new for 2020, and will be used for MSIP Week moving forward. Move Well - Work Well reminds us that when we move (instead of being sedentary or staying in one position for prolonged periods) and move well (good body mechanics, reduced force on tissues), it results in us being well and working well (productive, comfortable, healthy, reduced risk of MSI). When we move well at work, it means we are working well.

To help plan events and activities for your workplace, register for the upcoming webinar [Move Well – Work Well: Preparing for Musculoskeletal Injury Prevention \(MSIP\) Week](#). Choose one of two dates – August 11 or 25, 10:00-11:30 a.m.

Visit WorkplaceNL's [Move Well - Work Well webpage](#) for information to help with planning and to download educational resources to use for activities.

Download the [Move Well-Work Well poster](#) and post in your workplace to help promote your event.

Show your commitment on social media by clicking one of the following banners and posting to your favorite platform: [MWWW Social Media Background](#), [MWWW Social Media Post](#).

Register for, or promote to employees, WorkplaceNL's free educational webinars (listed below) being offered throughout the week. Individuals may register [here](#)

1. MSI – What's Your Risk? (September 21)
2. Office Ergonomics (September 22)
3. Managing Fatigue in the Workplace (September 23)
4. Educating Your Workplace to Prevent MSI (September 24)
5. MSI Hazards in Manufacturing (September 25)

What will your campaign look like? How will you educate your workers about the importance of moving the body and teach them to move it well?

For more information about MSIP Week, please email safety@workplaceni.ca or call 1.800.563.9000.