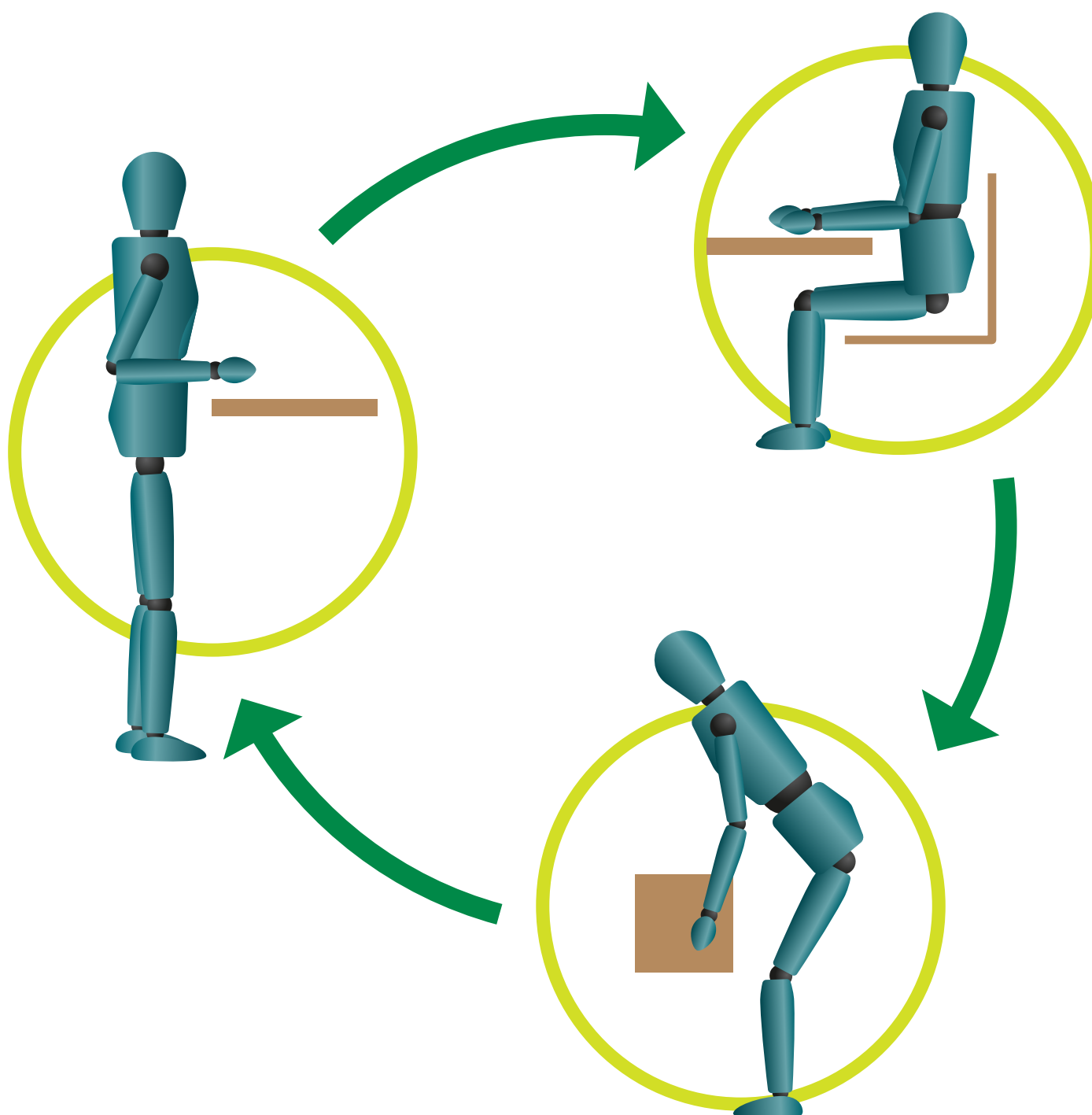


# 06 Change it up



- Your body benefits from movement! Keep moving and changing your position throughout the day.
- Include micro breaks in your tasks for body recovery and fatigue prevention.
- Alternate between tasks using different parts of the body throughout the day to provide working rests.
- Prioritize changing tasks that have MSD hazards and little recovery time.



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For more info visit:  
[msdprevention.com](https://msdprevention.com)



## Ideas for a healthy body

Use these ideas to improve every task at work and at home.

- Design work so that there are working rests, micro breaks and different activities built in that allow the body to recover.
- Even a seemingly light task, like using a computer mouse, needs recovery time built in.
- Organize your day to include a range of different tasks. Switch between tasks that load different parts of the body.
- Organize work so that workers have the flexibility to vary their activities, allowing for recovery when they need it.
- Rotate your workers between tasks on a regular basis without exposing them to tasks with high MSD hazards.
- Job rotation should not be the only fix for MSD hazards. Work to eliminate or reduce the hazards themselves.

## Did you know?

- Repeated or sustained work with little chance for the body to recover can lead to fatigue and muscle, tendon or ligament disorders.
- Repetitive work or holding one position can reduce recovery. Well-organized work can let one part of your body recover while another performs a different task.
- Recovery times or pauses may not be built into the production rate or pace of work.
- Changing activities and rests built into the job allow the body to recover.

## Improve your workplace

- Ask yourself and others, “Why does the job not have recovery time built in?” until you figure out the cause of the problem.

To learn how your organization can pledge to prevent MSDs, visit:

[nsc.org/msd](https://nsc.org/msd)

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