

Because work shouldn't hurt...

Musculoskeletal Disorders (MSD)

Musculoskeletal disorders (MSDs) represent the most common type of work-related disease in Europe. A musculoskeletal disorder is a painful affliction of the muscles, tendons, skeleton, cartilage, ligaments and nerves and is caused by tasks that lead to stress or injury. Work-related MSDs can be made worse by specific circumstances, such as work organisation and intensification or working time.

Main MSD causes

Factors that can
MAKE THINGS WORSE

Work organisation
Work intensification
Working time

**EU legislation
gives you
a right to risk
assessment**

**talk
to your
safety
representative**

Source: European Working Conditions Survey 2017,
European Foundation for the Improvement of Living and Working Conditions
* % of respondents reporting the given factor as cause for MSD



63%
Repetitive
hand-arm
movements

59%
Sitting

56%
Working with
computers,
laptops,
etc

45%
Tiring or
painful
positions

32%
Carrying or
moving heavy
loads

20%

Vibrations from tools
and/or machinery

9%

Lifting or moving
people