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.

Factors that can MAKE THINGS WORSE
- Work organisation
- Work intensification
- Working time

Main MSD causes
- 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

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