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

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