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E-fact 9 - Work-related musculoskeletal disorders (MSDs): an introduction



Factors contributing to MSDs include use of force, repetitive work, work in awkward postures, vibration, work in cold environments, and prolonged sitting or standing. They are also affected by levels of stress, autonomy and support from colleagues, individuals' prior medical history, physical capacity and age, and social factors such as leisure activities. These factors may act uniquely or in combination.

Employers are required to assess the risks that their workers face, including the risk of developing MSDs, and act on them.

Related publications

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