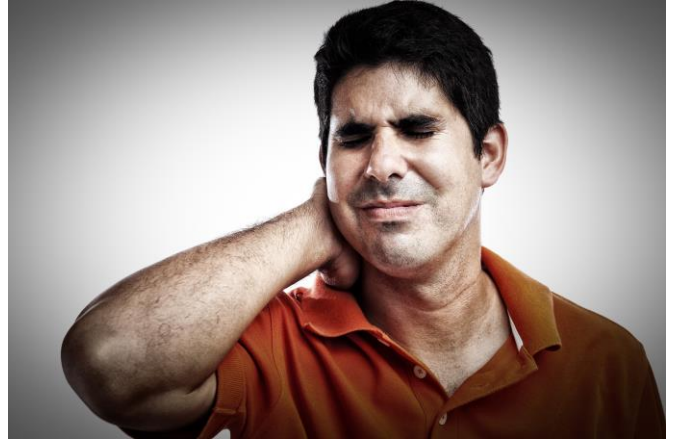


# Recognize and Report Early Signs of Musculoskeletal Disorders

---

**Do you need an intervention?  
No, not the kind of intervention related to an alcohol or drug addiction, but rather a movement system disorder intervention.**

The definition of “intervention” is an action taken to improve a situation. When workplace athletes begin to recognize the early warning signs of MSDs, they need to take an action to improve the situation before they end up with a painful injury.



## The Early Warning Signs of MSDs

It's vitally important to recognize when daily wear and tear develops into excessive fatigue and discomfort. Detecting the early warning signs of movement system disorders as early as possible will help you take measures to counteract fatigue and discomfort and prevent an injury from occurring.

- Pain in the fingers, wrists, or other parts of the body: may include a dull aching pain, a sharp stabbing pain, or even a burning sensation
- Tingling or numbness
- Swelling, inflammation, or joint stiffness
- Loss of muscle function or weakness
- Discomfort or pain in the shoulders, neck, or upper or lower back
- Extremities turning white or feeling unusually cold
- General feeling of muscle tightness, cramping, or discomfort
- Clumsiness or loss of coordination
- Range of motion loss
- Discomfort when making certain movements

# Recognize and Report Early Signs of Musculoskeletal Disorders

---

## Take Action: Report Early Warning Signs to Get Help!

Are you experiencing excessive fatigue and discomfort? Do you feel like you just can't fully recover from the previous workday?

Take action!

Report your early warning signs through the proper communication channels available to you at your company today in order to prevent a painful injury tomorrow.

## Key Takeaways

- 1) Daily wear and tear on your body is a normal part of the aging process and using your physical body every day. It's vitally important to recognize when daily wear and tear develops into excessive fatigue and discomfort.
- 2) Detecting the early warning signs of movement system disorders as early as possible will help you take measures to counteract fatigue and discomfort and prevent an injury from occurring.
- 3) At the first signs of excessive fatigue and discomfort, report it to your supervisor or on-site injury prevention specialist! This is very important. The earlier you report the problem, the sooner you can be helped and the sooner the problem goes away.