

## Safety Message of the Day for IMEA Members



### Repetitive Strain Injuries Safety Message

Preventing repetitive strain injuries avoids chronic pain and discomfort. Proper techniques and breaks reduce strain, ensuring a healthier, more comfortable work environment for employees.

#### Suggested communications messaging:

“Break the cycle of strain! Prevent repetitive strain injuries. Vary your tasks, take breaks and stretch. Your well-being matters - avoid discomfort and pain.”

