

## 2008 Resolutions

### Early Intervention

- In business, we do performance reviews, business reviews, and project reviews. They help us identify strengths and weaknesses and help us understand where we need to go in order to get better.
- The following is a quick review of four 'pillars' that make up the foundation of a healthy and ergonomic workplace.
- Simply score each pillar based on your work experiences for 2007 on a scale of 1-10 (1 – poor; 10 – perfection!). Use your scores to identify what you need to do to achieve your healthy ergonomic vision in 2008.
- The **first pillar** of preventing MSI is identifying and managing discomfort EARLY – before symptoms become constant.
- Take a second and score yourself on the scale at the bottom of the page.
- If you have symptoms, what do you need to do about them?
- Do you want to end 2008 in less pain than you are in now?
- If your work tasks are aggravating your symptoms, do you know what to do and who to contact? Within your company, start with your supervisor, HR, or a safety representative.
- If you have had symptoms for a while, have you discussed it with your health care professionals?
- Have you ever put your hand up to see what resources your company will provide to help you?
- If you don't know why you have symptoms or what to do about them, where do you think you will end up on the scale below at the end of 2008? What's your plan to do better?



Symptoms occur daily AND discomfort is high to extreme

Symptoms occur at least 1/week AND/OR are 'moderate'

No symptoms, discomfort, or pain

1

2

3

4

5

6

7

8

9

10