



## *Solutions that Work*

### **Musculoskeletal Injury Prevention Solutions**

A Musculoskeletal Injury (MSI) is a condition where a part of the musculoskeletal system is injured over time. With the team of Wellness at Work health professionals, we are able to assist you in creating a safe workplace and reduce the risk of many of these injuries. Musculoskeletal injury prevention solutions include, but are not limited to, the development of a workplace health and safety committee and delivery of a variety of health and safety training seminars.

#### **Why Wellness at Work?**

Wellness at Work has many years of experience working with professionals to minimize musculoskeletal injuries in a variety of workplaces, large or small. Each musculoskeletal injury prevention program is tailored to meet the needs of all employees in the workplace to ensure quality results.

If you have any questions about musculoskeletal injury prevention solutions or wish to receive a quote, please contact us at [info@wellnessatworksolutions.com](mailto:info@wellnessatworksolutions.com).