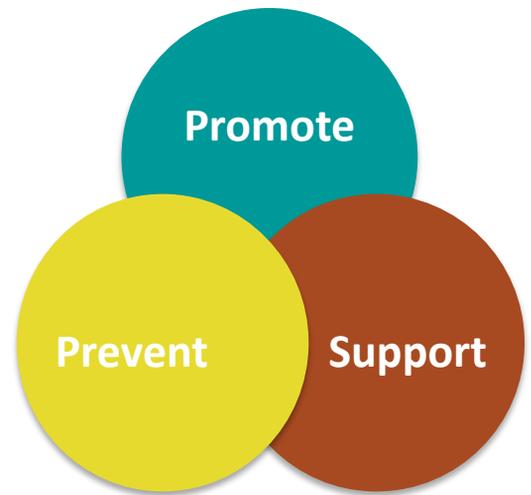




## A MSK healthy workplace *enables people be healthy, fit and stay in work*

The goal is for workplaces to

- reduce risks associated with MSK
- promote physical health to help prevent MSK conditions developing
- encourage and support early intervention for MSK problems
- enable people with MSK problems to remain in work, responding to their needs
- accommodate effective rehabilitation and return to work for those that need it



This needs a proactive approach with an open culture with everyone knowing and enabled to do what they can and should be doing to protect their own MSK health

**Many solutions are simple but the benefits can be great by creating a safe, healthy and supportive workplace**

## Be MSK Aware

Are you MSK Aware? Are you being proactive and taking actions to promote MSK health, prevent MSK problems arising in the workplace and supporting those with MSK problems to stay in work?

First recognise MSK health is important to you and your organisation

Then see **Be MSK Aware** key actions for how you can meet and build on your legal duties to support high quality MSK health and wellbeing in your workplace (See <https://www.mskaware.org> )

*Keeping people moving*



# MSK AWARE

A holistic approach to musculoskeletal health

<https://www.mskaware.org>