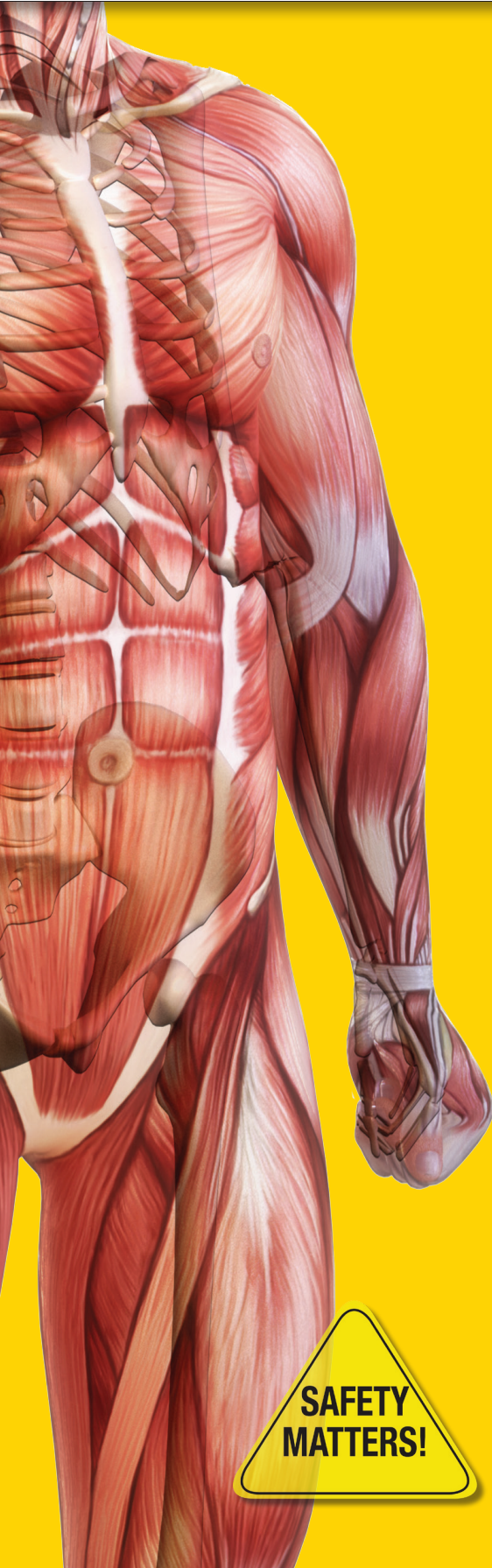




# Work Shouldn't Hurt

## Don't take a chance on musculoskeletal injuries

AWU Workplace Health & Safety Alert



### You are likely to develop musculoskeletal injuries, if your work involves:

- Continuous lifting of heavy items
- Carrying or putting down objects
- Sitting down for long periods of time
- Repetitive movements
- Awkward postures

Musculoskeletal disorders are the most common form of workplace injury in Australia, causing damage to muscles, tendons, ligaments, spinal discs, nerves, joints and bones.

Musculoskeletal injuries can be long term, devastating and often career-ending. If you're being asked to do work that is outside your body's capabilities, you are being asked to put your safety and your family's livelihood at risk.

**Work health & safety laws gives you a right to SAY NO TO UNSAFE WORK.**

**If you're concerned about your safety at work, contact your AWU Organiser immediately on 1300 763 223.**

The AWU has services to assist injured workers and can also ensure you get access to expert legal advice about your possible entitlements.

**SAFETY  
MATTERS!**

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