



# Passport to Musculoskeletal Health: Prevent Injuries



Name: \_\_\_\_\_

Answer these questions as you go through virtual educational exhibit to reinforce your learning.

## Exhibit 1: Musculoskeletal Health

Two ways that you can protect your musculoskeletal health and safeguard it against injury while working are:

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## Exhibit 2: Workstation Set-Up To Ensure Musculoskeletal Health

Take a mental inventory of your workstation set-up and posture while working. Identify two ways that you can improve your workstation set-up to protect your musculoskeletal health.

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## Exhibit 3: Posture And Musculoskeletal Health

Do you have forward head posture? Yes \_\_\_\_\_ No \_\_\_\_\_

List times during the workday that you can do shoulder rolls to maintain a healthy head posture.

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## Exhibit 4: Get Out Of That Chair

Are your hips tight? Yes \_\_\_\_\_ No \_\_\_\_\_

Identify times during the workday that you are able to get up for 5 minutes to stretch your hips.

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## Exhibit 5: Back Stretches For Desk Work

Does your back generally feel tight? Yes \_\_\_\_\_ No \_\_\_\_\_

## Exhibit 6: Hand and Forearm Stretches For Computer Work

If your work requires extensive computer use, do you have pain in your hands? Yes \_\_\_\_\_ No \_\_\_\_\_

## Exhibit 7: Thera-Band Exercises

Before today I was familiar with the Thera-Band as an easy-to-use stretching aid: Yes \_\_\_\_\_ No \_\_\_\_\_

## Exhibit 8: Safe Lifting To Protect Your Back

Do you do a lot of lifting at work or home? Yes \_\_\_\_\_ No \_\_\_\_\_

## Exhibits 9 & 10: Building A Stronger Core

My abdominals are in: Good Shape \_\_\_\_\_ Could Use Some Work \_\_\_\_\_ Are Weak \_\_\_\_\_