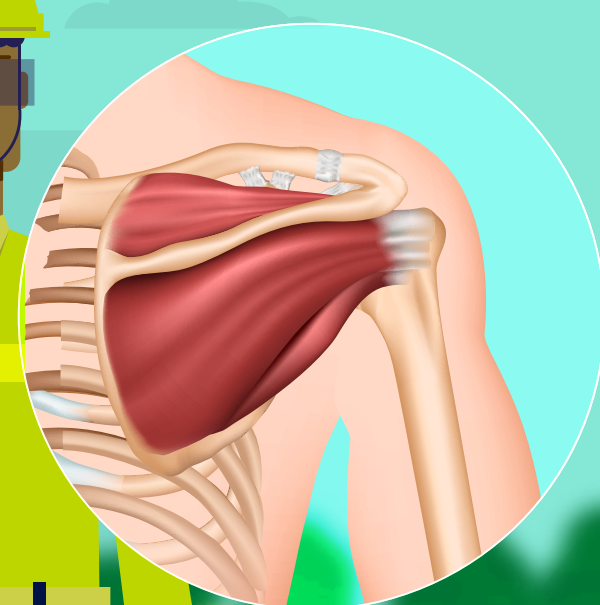
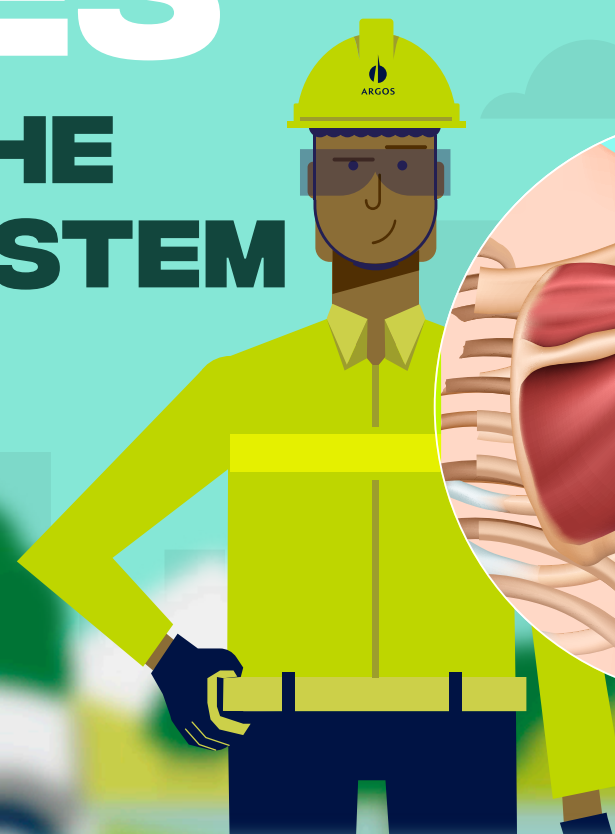
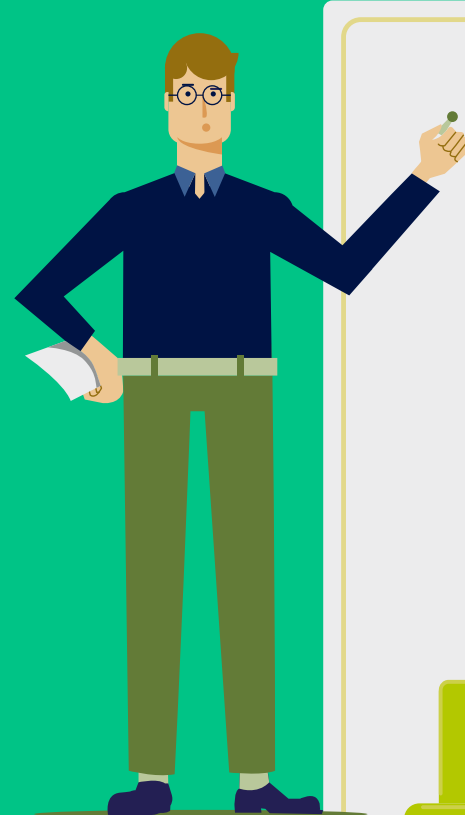


LESSON 5

PREVENTION OF DISEASES AND/OR INJURIES OF THE MUSCULOSKELETAL SYSTEM



In recent years, the main cause of disability due to general or common illness has been diseases related to the musculoskeletal system, such as muscle pain, fractures in different segments, and joint problems. The main causes of preventable diseases or due to **poorly performing activities, poor posture, sports accidents or incidents on the road**, mainly on a motorcycle and inadequate weight that produces an overload at the musculoskeletal level causing different ailments.



IT IS VERY IMPORTANT TO KEEP IN MIND THAT WE MUST BE CAREFUL TO IDENTIFY CAUSES OF THESE DISEASES.



In some operations, IPOs have been started with a focus on biomechanical risks, which has **raised the level of awareness** regarding them being of great value for prevention.



Additionally, to prevent them it is very important to consider posture improvement measures, which in general terms include:



Always maintain good posture



Whenever you are going to lift a load, remember the 4 principles: knees bent, back straight, carry the load close to the body, do not lift objects above the shoulders



Avoid prolonged postures



Take **active breaks**



It is very important to maintain an adequate weight and when practicing sports have a guided conditioning to avoid overexertion that produces injuries that sometimes require surgical treatments with a significant impact on quality of life.



NOW WE WANT TO INVITE YOU TO CHECK WHICH OF THE ACTIVITIES YOU DO EVERYDAY

could cause a disease and/or injuries to your musculoskeletal system and what actions you will implement to prevent them.



I TAKE ACTION FOR MORE GREEN DAYS!



*This is a publication led by the H&S area. If you have comments or concerns, contact the H&S leader of your facility or write to: joel.zelaya@argos.co



We invite you to register your participation in the socialization of this Lesson [here](#).

**I PROMISE
MORE GREEN DAYS**