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# Evolution of Ergonomics – Survival of the Fittest...

Soft Tissue Injury (STI)/Musculoskeletal Injury (MSI) Prevention Week  
**September 27 - October 3, 2009**

**Earlier this week, we established evolution's prime principle – the strongest and smartest survive. At that point, we talked about knowledge. Now it's time to tackle the importance of being physically able and strong enough to survive.**

We all know the stronger we are – both mentally and physically – the less likely we are to be injured. Many incident reports look at stress, distraction and physical ability as contributing factors to workplace injuries, particularly musculoskeletal ones.

If physical work is required in the course of a job, we must ensure our bodies are able to do that work safely. By warming up, stretching, keeping in shape with regular exercise, getting proper rest and eating healthy, we can better prepare ourselves to handle the tasks which lie ahead. Our bodies are in our control – make the safe choice.

We should also ensure that we manage our stress levels at work, as it could adversely affect our health and wellbeing. Stress can decrease our appetites, reduce sleep patterns and cause us to be irritable and distracted. All of these things are the direct opposite of what contributes to a safe working environment.

Workplaces where both employees and employers make health and wellness a priority are healthier, more efficient and safer – and that contributes to a lower rate of musculoskeletal injury.

Together, we can make this evolution a revolution!

