

20%



of disability claims are for musculoskeletal (MSK) issues¹



Musculoskeletal (MSK) injuries can have far-reaching impacts on an organization. MSK-related issues are a leading cause of absence and disability claims in many industries such as construction, health-care and manufacturing. This can lead to increased plan costs and a loss of productivity amongst employees.

We're here to help. Our [toolkit](#) can help you build a workplace musculoskeletal health strategy to reduce risk factors and improve employee well-being.

— It focuses on 5 easy steps. They include:

01.

Building the foundation

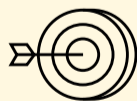
– Leaders and the role they play in creating a healthy workplace.



02.

Identify opportunities

– Using data to measure your baseline, risks and opportunities for growth.



03.

Set priorities and objectives

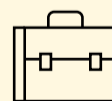
– Create measurable goals that you've identified from your data findings.



04.

Take action

– Mandatory training for employees and leaders across your organization.



05.

Re-evaluate

– A continual review process to see how things are progressing.



These steps can help you identify targeted actions and create a culture of prevention. [Get started today](#) to see how you can build a healthier workplace!

¹ Based on Sun Life disability claims (2020).