

# HFE Human Factors and Ergonomics Namibia Newsletter

## DISCOMFORT AT WORK?

Musculoskeletal disorders (MSDs) and spinal problems are now among the most common reasons people miss work, struggle to focus, or give up activities they enjoy. Many office and industrial workers report ongoing neck, shoulder, and low back pain, linked to how they sit, lift, reach, and repeat tasks throughout the day. The good news is that many of these issues are preventable when workspaces and daily routines are designed with the body in mind.

**Take 90 seconds at the start of your work day to check: chair height, screen position, and where your feet rest.**

**Contact us if you want to know more about MSD prevention!**



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