

## Temporary Foreign Agricultural Workers (TFAWs): Signs and Symptoms of Musculoskeletal Disorders

### Musculoskeletal Disorders (MSDs):

Musculoskeletal Disorders (MSDs) are injuries or disorders of the muscles, tendons, joints, nerves, ligaments, and vertebral discs. When these tissues are stressed on a regular basis without adequate time for recovery, they can eventually become damaged and lead to the development of MSDs.

#### Signs & Symptoms

- Signs: can be physically observed, felt or heard
  - Redness, swelling, reduced range of motion, loss of strength, etc.
- Symptoms: cannot be seen but can be felt by the individual
  - Pain, discomfort, aching, numbness, tingling, burning sensation, stiffness, fatigue, etc.

### Stages of MSDs

#### Mild

Beginning of physical discomfort such as light pain.

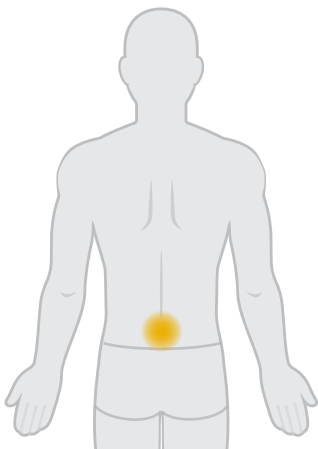
**Symptoms:** Pain, aching, fatigue

**Onset:** Weeks or Months

**Job Performance:** Not affected

**Visible Signs:** None

**Treatment:** May be reversible if treated early



#### Moderate

Increased physical discomfort such as more frequent and intense pain.

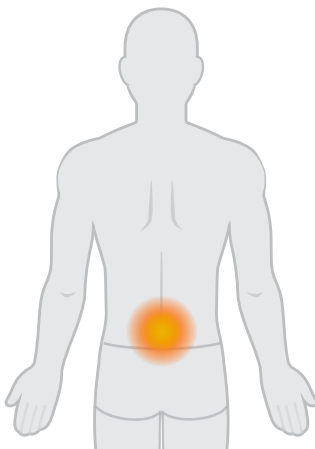
**Symptoms:** Pain, aching, fatigue, sleep difficulty

**Onset:** Months

**Job Performance:** Decreased

**Visible Signs:** May be present

**Treatment:** Difficult and slower recovery



#### Severe

Persistent physical discomfort such as intense and prolonged pain.

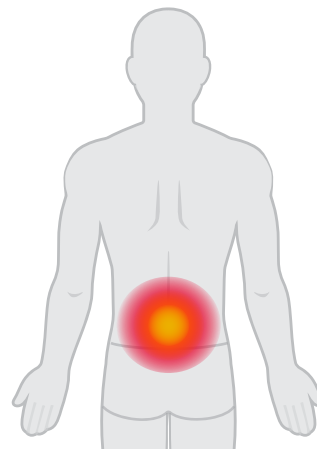
**Symptoms:** Constant to intense pain, fatigue, sleep difficulty

**Onset:** Months to years

**Job Performance:** Unable to perform job duties

**Visible Signs:** Often present

**Treatment:** Greater risk of permanent damage



Not everyone experiences these stages the same way. It may be difficult to know when one stage ends and the next begins. The earlier symptoms are recognized, the sooner the progression of pain may be reduced and/or eliminated.