

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.

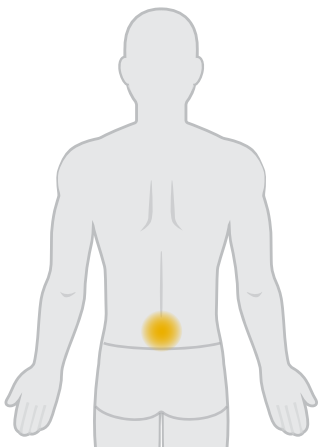
Symptoms: Pain, aching, fatigue

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.

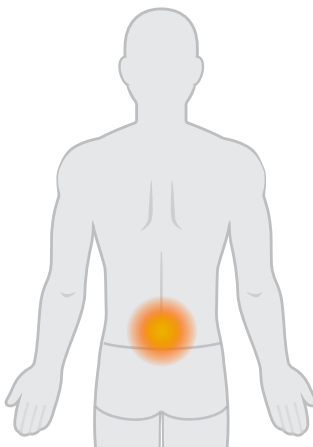
Symptoms: Pain, aching, fatigue, sleep difficulty

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.

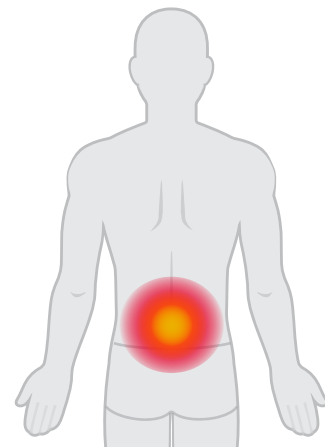
Symptoms: Constant to intense pain, fatigue, sleep difficulty

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.