

60%

Of all time-loss injuries in Nova Scotia are musculoskeletal injuries (MSI).

Most often muscle strain injuries stem from lifting and moving someone the worker is caring for.



The J-RO EZ Rest reduces physical strain on employees.



The average claim cost of an MSI in Nova Scotia is **\$4,584**. 1 injury is equal to the cost of 28 EZ Rests!

The J-RO EZ Rest can be used as part of a **return to work** plan, reducing the amount of time someone is off with a work injury.



J-RO
EZ REST

Sources:

Reeves, S. (2018, April 5). Despite long-term progress, workplace injury in Nova Scotia takes a big toll in 2017. Retrieved from <https://www.wcb.ns.ca/About-Us/News-Room/News/Despite-long-term-progress-workplace-injury-in-Nova-Scotia-takes-a-big-toll-in-2017.aspx>

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Workers' Compensation Board of Nova Scotia and Nova Scotia Environment and Labour. Sprains and strains: Preventing musculoskeletal injury through workplace design. Retrieved from: [https://www.wcb.ns.ca/Portals/wcb/Sprains and Strains Preventing MSI through work design.pdf](https://www.wcb.ns.ca/Portals/wcb/Sprains%20and%20Strains%20Preventing%20MSI%20through%20work%20design.pdf)