

Stand Together for Safety 2026

Run Sheet



Safe work
is for *life*

What?

This October, during National Safe Work Month, we stand together to deepen our commitment to building a safe and healthy workplace. Being healthy and safe means being free from physical and psychological harm. Our focus for 2026 is **Musculoskeletal Disorders (MSDs)**.

Why?

Our musculoskeletal system is the framework that helps us move, stand, and lift things. When part of this framework gets strained, worn out, or inflamed, it causes a musculoskeletal disorder or MSD. Sprains, strains, back problems, and arthritis are the leading cause of workers' compensation claims in Australia, affecting over half of all serious workplace injury claims and impacting millions of people.

How?

This toolbox introduces Musculoskeletal Disorders, why they happen and what we can do to prevent them - recognising that **Prevention is the Best Intervention**.



Allow **15 min to prepare**
and then **15-20 minutes**
to deliver this toolbox
Allow extra time for
discussion

Prepare

Delivering safety messages to groups starts with preparation. Take the time to prepare.

- What is your strong opening?
- How do you make this toolbox relevant for your group & their work environment?
- What personal story related to this topic can you share?
- What will you do to get the audience interacting & engaged?
- How do you close with a powerful call to action?

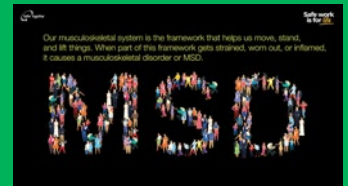
Use the
Safer Together
"Delivering
Safety Messages
to Groups"
Worksheet



Deliver

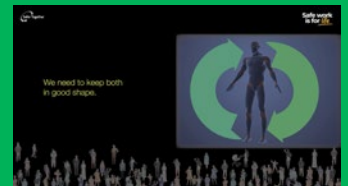
Introduction

The first seven slides set the scene and introduce the reality of MSDs in our work and lives



MSDs & Our Body

There are three slides about how MSDs affect our bodies and our minds



5 Things You Can Do

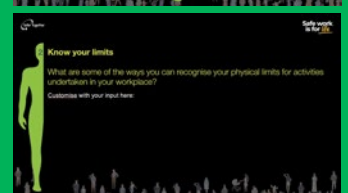
Eleven slides delve into five things you can do to avoid MSDs, providing some suggested examples



Discuss

Reflective Questions

Each of the five things you can do have a reflective question to prompt feedback and discussion allowing you to customise the toolbox pack with relevant examples from your workplace



Act

Actions

The final slide outlines a couple of suggestions of where Safer Together can help, pointing to resources on the Safer Together website

