Stage 2: Symptom Assistance

If you have discomfort for months/years, your symptoms occur faster and last longer, and you are having difficulty with some of your daily activities, complete the following:

1. Immediately reach out for assistance
   
   A) WCB: If your concerns are work related, follow the Injury and Illness Workers Compensation Board steps. Find WCB approved providers
   
   B) Sick Leave: If your concerns are not work related and you have been absent from work due to your concerns, follow the Sick Leave steps.
   
   C) If your concern is not work related and you have continued to work, speak to your leader about your concerns.

2. Complete the Proactive Ergonomic Program Steps 1 & 2. Apply workstation adjustments and symptom management techniques to your daily tasks, such as: workplace warmup, consistent micro-breaks, posture checks and use the power position.

3. Seek ergonomic assistance if your symptoms affect work tasks and you are unable to safely modify your work and be productive.

   - Complete the Ergonomic Consultation Questionnaire and notify the Ergonomic Program Advisor via email.