

Product Specification: MUS

Manage Musculoskeletal Disorders at Work

Overview

Musculoskeletal disorders (MSDs) are one of the biggest causes of work-related sickness absence in the UK. Apart from the human cost in terms of impact on work and life, bad backs, sore necks and shoulders and painful upper limbs together form a massive drain on any employer's resources.

This course will explain what MSDs are, helping to clear some of the jargon (RSI, WRULDs, CTDs, etc) and explain what is known about what causes them and how work can play a part. Whether a condition has been caused by work or not, it is important to understand how work can at least provoke symptoms and to have some idea of how to change workplaces to avoid this. Both industrial and office workplaces will be considered.

Not all MSDs are preventable – with some resulting from degenerative or other changes (e.g. some ULDs can be related to the menopause). Part of the course will therefore focus not on their prevention but on reducing their impact, enabling the employee to remain in useful work with minimal pain and discomfort.



Learning Outcomes

- Know what the main MSDs are;
- Have some understanding of what causes them;
- Appreciate the role of ergonomic design in preventing them or reducing their impact;
- Have some guidance on altering workstations to avoid MSDs or reduce their impact;
- Understand how best to manage those with long-lasting or intractable problems.

Symposium Training Contact Details

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Sample Programme

09.30 – 09.45 Welcome and Introduction: What are MSDs?

09.45 – 10.45 Upper limb disorders (ULDs)

- What are they?
- What are the common ULDs?
- What causes pain and other symptoms?

10.45 – 11.00 Coffee

11.00 – 12.00 Necks and backs (including sciatica)

- What causes pain and other symptoms?

12.00 – 12.30 Good ergonomics: How people should sit and work in the office

12.30 – 13.30 Lunch

13.30 – 14.15 Good ergonomics: Principles of industrial ergonomics

14.15 – 14.45 Good manual handling (Backs)

14.45 – 15.00 Tea

15.00 – 15.30 Manual handling: Designing out the problem

15.30 – 15.45 Managing the employee with an MSD

15.45 – 16.00 Any questions?

- Reducing risk at source
- Helping the individual cope