

# Management of Musculoskeletal Disorders

*Human*  
APPLICATIONS

## Overview

This course covers the latest thinking on Musculoskeletal Disorders (MSDs); their causes, prevention and case management techniques. Developments in prevention, diagnosis, treatment, rehabilitation and litigation are considered as well as how to manage to issues raised by individuals with MSDs.

The course is presented by experienced ergonomists and health & safety practitioners, who have practical experience of implementing MSD management systems within a range of organisations as well as experience in dealing with civil and criminal litigation in relation to musculoskeletal disorders. The course looks at how postural analysis tools can help organisations describe and manage MSD problems.

The course can be tailored to ensure that presenters refer to in-house roles, procedures and documentation.

## Aims

- To assist Managers in identifying the potential for workplace MSDs
- To enable Occupational Health professionals to identify causal factors
- To enable policy influencers to create an effective strategy on MSDs which matches the needs of the organisation and the individual while limiting the potential for chronicity
- To enable delegates to understand the debate about MSDs and how civil litigation has developed with respect to MSDs

## Learning objectives

After the course delegates will be able to:

- Understand basic principles of causation and avoidance of MSDs
- Develop in-house policies and procedures for MSD prevention and management
- Review and enhance current strategies
- Understand civil litigation in relation to MSDs



## Prerequisites

Whilst there is no knowledge requirement for attendance, the course assumes that delegates are involved in the management of MSDs. Specialists practitioners will be encouraged to share their experiences of MSD management processes for the benefit of the group.

## Who should attend?

Occupational health practitioners, safety professionals and human resource managers. The course may also benefit trades union safety advisors, medico-legal practitioners, and others with an interest in MSD management. The course is unlikely to be suitable for first line managers or supervisors of work processes.

This course is linked to "Ergonomics in Practice". Organisations may wish to consider running this course in conjunction with "Ergonomics in Practice"

## Outline Programme

- What are MSDs: Indicators for MSD development; the effect of changes in work practice over time
- Causal factors: non-physical factors and external stressors; defining thresholds for foreseeable injury; defining causation to manage MSDs
- Prevention strategies: workplace interventions; risk Assessment in MSD management; the healthy workplace; avoiding chronicity
- The role of assessment tools in MSD management
- Reporting systems: mechanisms for effective reporting; culture of trust
- Case management: rehabilitation, litigation and termination of employment
- Developing a policy on MSDs
- Where do we go from here – ACTION PLANNING

**Contact Details:** For further information about training and our support consultancy services in Ergonomics, Health & Safety & Business Risk Management, contact Joanne Higgins - Support Team Manager. Tel: 01509 211866 or email [enquiries@humanapps.co.uk](mailto:enquiries@humanapps.co.uk) or visit our website at [www.humanapps.co.uk](http://www.humanapps.co.uk)

