

MUSCULOSKELETAL DISORDERS



What are they? Physical injuries caused by performing unsafe manual handling tasks. Includes injuries such as muscle sprains and strains; injuries to muscles, ligaments and discs in the back; injuries to nerves, ligaments and tendons in the hands, wrists, arms, shoulders, neck or legs; and abdominal hernias and long-term pain

1. Are you aware of employees in your workplace that have been diagnosed with a work related musculoskeletal disorder ? i.e. slipped disc, repetitive strain injury. Do you keep a record of them?

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2. Can you say how many reports of musculoskeletal injuries have been made in your workplace over the past two years?

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3. What manual handling activities are carried out in your workplace?

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4. How have you ensured that where the task cannot be avoided, they are carried out safely? e.g. the provision of mechanical handling aids, maintenance of flooring, reduction of weight of loads

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5. What type of training have you given to employees who carry out manual handling tasks i.e. verbal instruction, demonstrations, training course

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6. How often do employees receive this training i.e. yearly, twice yearly

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7. How have you assessed the risk of musculoskeletal injuries from working with Display Screen Equipment such as Computers & Laptops?

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'Good Posture'

8. What controls have you implemented to prevent musculoskeletal injuries to employees working with Display Screen Equipment? i.e. provided wrist rests, paper holders, foot rests, adjustable chairs, larger desks

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9. How have you informed employees of the risks associated with working with Display Screen Equipment and the controls that you have implemented ?

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'Bad Posture'

***If you have completed risk assessments relating to manual handling and/or display screen equipment please send us a copy.**