

Musculoskeletal Disorders and Work

Musculoskeletal disorders (MSD's) such as backache, neck pain and sore arms are the biggest cause of sickness absence. This huge problem creates a tremendous burden on industry, as well as resulting in individual pain and suffering.

Reducing these problems in the workplace can reduce time lost, increase productivity and aid compliance with health and safety Regulations.



Manual Handling

Nearly all of the working population will experience back pain at some time. Sometimes this can be caused (or at least made worse) by work activities such as manual handling. This has been regulated since 1992 under the Manual Handling Operations Regulations (MHOR). The application of ergonomics principles and expertise can help to reduce the extent of the problem. The ergonomics approach is at the core of the HSE guidance to the MHOR. Good workplace ergonomics is fundamental in preventing other MSDs such as Tenosynovitis and carpal tunnel syndrome (known collectively as 'Work-related Upper Limb Disorders'). As with back pain, careful design of workplaces and work tasks can help to reduce this.

RESEARCH CONSULTING SERVICES

Multi-disciplinary specialists in Occupational and Environmental Health and Hygiene

IOM and Manual Handling

The IOM is at the forefront of knowledge and expertise on this topic. Its team of ergonomists carry out government-funded research, helping to extend and develop that knowledge, and provide the same expertise to employers through its consultancy services. Recent studies have covered manual handling assessments - using the HSEs Manual Handling Assessment Checklist (MAC) and manual handling training.

Our consulting function provides support to companies to ensure compliance with the Manual Handling Regulations and reduce the likelihood of injury to employees.

We can provide a manual handling audit to review current practices; carry out handling risk assessments and provide recommendations which are relevant to each task. Our ergonomists conduct training sessions and produce training material for in-house assessors as an addition to the assessment process or as a stand alone service.

Occasionally a problem with occupational MSDs may result in legal claims and, in these circumstances, we can offer advice about the extent of exposure and the probability that it resulted in the injury or disorder cited.

We have staff that are highly experienced expert witnesses and can prepare reports for civil litigation and, if necessary, defend their conclusions in court.

Our services and consultancies

- Audit of manual handling management to assess compliance with regulatory requirements;
- Risk Assessments for various manual handling activities;
- Upper limb disorder risk assessments
- Advice on cost effective measures for altering work practices to reduce the likelihood of injury;
- One to one assessments for those with existing musculoskeletal disorders and/or disabilities;
- Training in-house assessors;
- Manual Handling awareness training for employees undertaking manual handling tasks;
- Expert witness services.

Our Commitment to Quality

The ergonomists at IOM have recommended risk reduction strategies to a number of industries. We have been on site to assess MSDs in a variety of settings. From bottling plants and chicken factories to waste water treatment works; heavy engineering to computer electronics.

With the IOM you are assured of sound scientifically-based knowledge derived from our research activities. However, we are not 'ivory-towered academics' and pride ourselves in providing realistic and practicable solutions to real problems.

Did you know?

You are only a phone call or a mouse click away from accessing the full range of **IOM Ergonomics Services**. These are underpinned by an unrivalled body of knowledge, and more than three decades of service provision and research. We provide a wide range of ergonomics and other services encompassing many factors that may cause ill health and injury in the workplace.

We can help you with large issues and small, and our ergonomic services and consultancies include:

- Detailed study of Upper Limb Disorders (ULD) / Repetitive Strain Injury (RSI) and risk reduction measures
- Advice on manual handling risks and risk reduction
- Manual handling risk assessment, training and reduction
- Manual handling assessor training
- Display Screen Equipment Specialist assessments.
- Display Screen Equipment assessor training
- Advice on equipment and furniture
- Work place environments and design
- Heat stress assessment and control
- Ergonomics of Personal Protective Equipment (PPE).
- Stress management

Our purpose is to help you keep workers healthy. Our team of ergonomists are leaders in their field with an unmatched knowledge built up over thirty years providing services, consultancies and research to government, industry and commerce. So, we'll give you access to real experts, who will listen, understand, and focus on providing the services and help that you need.

For further information please contact:

Gilbert Armstrong
Business Development Director
Scotland

Office: 0131 449 8052
Mobile: 07767 227677

E-mail
gilbert.armstrong@iom-world.org

HEAD OFFICE:

Research Avenue North,
Riccarton,
Edinburgh, EH14 4AP,
United Kingdom
Telephone: +44 (0)131 449 8000
Facsimile: +44 (0)131 449 8084

Tapton Park Innovation Centre,
Brimington Road, Tapton,
Chesterfield, Derbyshire, S41 0TZ,
United Kingdom
Telephone: +44 (0)1246 557866
Facsimile: +44 (0)1246 551212

Research House Business Centre,
Fraser Road,
Perivale, Middlesex, UB6 7AQ,
United Kingdom
Telephone: +44 (0)208 537 3491/2
Facsimile: +44 (0)208 537 3493

Brookside Business Park,
Cold Meece,
Stone, Staffs, ST15 0RZ,
United Kingdom
Telephone: +44 (0)1785 764810
Facsimile: +44 (0)1785 764811

Email: services@iom-world.org