MSDs & New Grads

CSP Inservice Training Activities

Activity 1 – Introduction Session

New graduates & MSD injuries Inservice Session

CSP safety representative will provide an overview of the CSP MSD study report, which was undertaken in 2005. This study looked at how big the problem of MSDs was among physios, exploring the possible causes and who was most at risk.

Key findings of the CSP MSD study are:

1. 68% of members will suffer a work-related MSD sometime during their career

2. Their injury could occur as a gradual occurrence or through manual handling/lifting a patient

3. New graduates/students on clinical placement are most at risk – 32% injured in the first 5 years of practice

4. 1 in 16 will likely leave the profession due to their injury

5. 44% of the respondents from the study were not MH risk assessed in their first/new post.

Purpose of today's session is to discuss why MSD injuries, particularly among new graduates remains a problem.

Today's in-service training will:
1. Raise your awareness of the factors that can lead to MSD injuries - especially for new graduates.
2. Discuss and conclude what are the potential MSD risks facing you or your colleagues in the workplace? Are new graduates in your organisation particularly vulnerable?

Activity 2 The Risk Factors facing New Grads

New graduates & MSD injuries

Please discuss the following question

What do you think are the factors or reasons behind why a new graduate may possibly be at risk of an MSD within your workplace?

Activity 3 – Taking Action

New graduates & MSD injuries

When considering your feedback from the last session where you identified potential or possible causes/factors, could you now discuss the following:

What action can be taken to ensure new graduates are not placed at risk by:
- **staff?**
- **the employer?**
- **the CSP?**