



Document type
Reference
Issuing function
Date of issue

MSD RESOURCE PACK SECTION 2
INSERVICE TRAINING – GENERAL - VERSION 2
ERUS
JANUARY 2010

MSDs – Are you at Risk?

CSP Inservice Training Activities



Activity 1 – Introduction Session

MSD injuries – Are you at risk 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 study's respondents 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 you & your colleagues to incur MSD injuries.
2. Discuss/identify which of those potential factors (or if there is other influences) in your workplace that could cause an MSD injury to you or colleagues?
3. Develop, if appropriate, an action plan to resolve any problem/s identified by members.



Activity 2 – MSD injuries at work

In your groups please discuss the following questions:

1. Do you think that you or your colleagues could be at risk of an MSD injury? Have you suffered an MSD injury in the past? If so, do you feel that appropriate remedial action has satisfactorily reduced the chances of recurrence?
2. If you think you or your colleagues are at risk, what do you see as the possible causes or hazards in your workplace?
3. Have you been risk assessed for the manual handling work you undertake in your present role? Did you feel this assessment was effective for your needs?

Activity 3 – Taking Action

In view of the potential or possible causes/factors that you identified from the last activity now consider–

What action can be taken to reduce/remove the identified risks by your

- Colleagues?
- Employer?
- The CSP?